



 **57%**
HEALTH SCORE

Asian Chicken Salad With Peanut-Soy Dressing

 **Gluten Free**  **Dairy Free**

READY IN



15 min.

SERVINGS



6

CALORIES



194 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounces bamboo skewers rinsed drained canned
- 1 medium bell pepper cut into bite-size strips
- 3 cups roasted chicken cooked
- 3 tablespoons apple cider vinegar
- 6 cups coleslaw mix (from 16-ounce bag)
- 1 tablespoon creamy peanut butter
- 0.5 teaspoon pepper red crushed

- 0.5 teaspoon ginger grated
- 2 tablespoons honey
- 3 tablespoons soy sauce reduced-sodium
- 3 cups pkt spinach fresh washed (from 10-ounce bag)

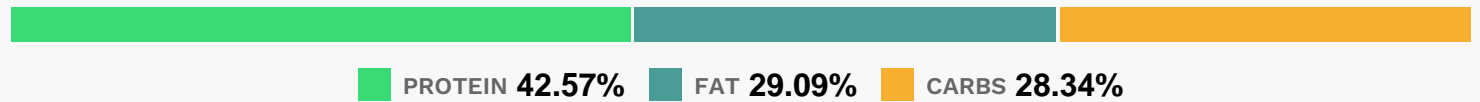
Equipment

- bowl
- whisk

Directions

- In small bowl, beat all dressing ingredients with whisk until blended.
- Toss salad ingredients in large bowl; drizzle with dressing.

Nutrition Facts



Properties

Glycemic Index:43.55, Glycemic Load:4.66, Inflammation Score:-9, Nutrition Score:20.716956656912%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 194.13kcal (9.71%), Fat: 6.39g (9.83%), Saturated Fat: 1.62g (10.15%), Carbohydrates: 14.01g (4.67%), Net Carbohydrates: 10.72g (3.9%), Sugar: 9.96g (11.07%), Cholesterol: 52.5mg (17.5%), Sodium: 383.24mg (16.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.05g (42.1%), Vitamin K: 126.81µg (120.77%), Vitamin C: 55.68mg (67.49%), Vitamin A: 2179.16IU (43.58%), Vitamin B3: 6.51mg (32.56%), Vitamin B6: 0.54mg (27.11%), Selenium: 18.04µg (25.77%), Manganese: 0.44mg (22.03%), Phosphorus: 198.31mg (19.83%), Folate: 78.98µg (19.74%), Potassium: 491.34mg (14.04%), Fiber: 3.29g (13.14%), Vitamin B2: 0.21mg (12.62%), Magnesium: 49.7mg (12.43%), Zinc: 1.72mg (11.48%), Iron: 2.02mg (11.21%), Vitamin B5: 1mg (9.97%), Vitamin E: 1.3mg (8.67%), Vitamin B1: 0.13mg (8.38%), Copper: 0.14mg (6.97%), Calcium: 60.89mg (6.09%), Vitamin B12: 0.2µg (3.38%)