



Asian Chicken Salad with Peanuts

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



271 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb chicken breast uncooked for stir-frying
- 0.8 cup sesame oil
- 2 teaspoons vegetable oil
- 3 cups cabbage chinese thinly sliced (napa)
- 3 cups baby spinach fresh
- 0.3 cup spring onion sliced (4 medium)
- 2 tablespoons roasted peanuts coarsely chopped

Equipment

- bowl
- frying pan
- slotted spoon

Directions

- In medium bowl, mix chicken and 1/4 cup of the dressing; toss to coat.
- Let stand at room temperature 10 minutes to marinate.
- In 8-inch nonstick skillet, heat oil over medium-high heat until hot.
- Remove chicken from marinade with slotted spoon and add to skillet; discard remaining marinade. Cook and stir chicken 4 to 6 minutes or until browned and no longer pink in center.
- Remove from heat.
- Add remaining 1/2 cup dressing; stir to mix.
- Divide cabbage and spinach among 4 serving plates. Top with chicken mixture.
- Sprinkle with onions and peanuts. If desired, serve with additional dressing.

Nutrition Facts

PROTEIN 39.55% **FAT 52.81%** **CARBS 7.64%**

Properties

Glycemic Index:27, Glycemic Load:0.96, Inflammation Score:-9, Nutrition Score:23.357826170714%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

Nutrients (% of daily need)

Calories: 270.68kcal (13.53%), Fat: 15.97g (24.56%), Saturated Fat: 2.56g (15.99%), Carbohydrates: 5.19g (1.73%), Net Carbohydrates: 2.78g (1.01%), Sugar: 1.92g (2.13%), Cholesterol: 72.57mg (24.19%), Sodium: 181.42mg (7.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.9g (53.81%), Vitamin K: 166.99µg (159.04%), Vitamin B3: 12.89mg (64.46%), Selenium: 37.08µg (52.97%), Vitamin B6: 0.97mg (48.75%), Vitamin A: 2257.61IU (45.15%), Vitamin C: 28.07mg (34.03%), Phosphorus: 284.47mg (28.45%), Manganese: 0.43mg (21.53%), Folate: 81.06µg (20.27%), Potassium: 690.42mg (19.73%), Vitamin B5: 1.82mg (18.16%), Magnesium: 63.21mg (15.8%), Vitamin B2:

0.19mg (10.95%), Fiber: 2.41g (9.66%), Vitamin B1: 0.14mg (9.43%), Iron: 1.48mg (8.24%), Vitamin E: 1.08mg (7.23%),
Zinc: 1mg (6.64%), Calcium: 58.44mg (5.84%), Copper: 0.11mg (5.4%), Vitamin B12: 0.23µg (3.78%)