



Asian Chicken Salad with Snap Peas and Bok Choy



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



259 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 baby bok choy thinly sliced
- ☐ 5 cilantro leaves fresh chopped
- ☐ 1 cucumber english thinly sliced quartered
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 1 spring onion whole chopped
- ☐ 0.3 cup ponzu sauce
- ☐ 1 jalapeno red thinly sliced

- ☐ 2.5 tablespoons seasoned rice vinegar
- ☐ 1 pound chicken breast halves boneless skinless
- ☐ 8 ounce sugar snap peas
- ☐ 2.5 tablespoons vegetable oil

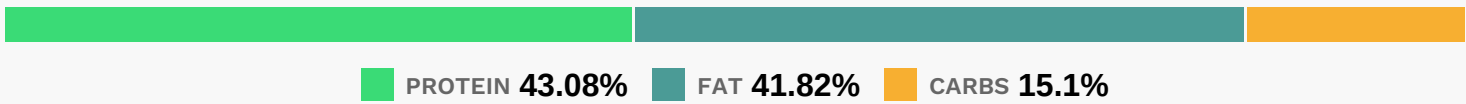
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ tongs

Directions

- ☐ Fill medium skillet with salted water; bring to boil.
- ☐ Add chicken breasts, cilantro sprigs, and whole green onion; reduce heat to medium and poach chicken until just cooked through, about 20 minutes. Using tongs, transfer chicken to plate; cool.
- ☐ Add snap peas to same skillet; increase heat to high and cook until crisp-tender, about 1 minute.
- ☐ Drain; rinse snap peas under cold water to cool. Discard whole green onion and cilantro sprigs. Coarsely shred chicken. Toss chicken, chopped cilantro, chopped green onions, snap peas, and next 3 ingredients in large bowl.
- ☐ Whisk ponzu, vinegar, oil, and ginger in small bowl.
- ☐ Add dressing to salad; toss to coat. Season to taste with salt and pepper.
- ☐ * Available in the Asian foods section of some supermarkets and at Asian markets.

Nutrition Facts



Properties

Glycemic Index:47.25, Glycemic Load:0.38, Inflammation Score:-10, Nutrition Score:26.241304459779%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 259.26kcal (12.96%), Fat: 11.72g (18.03%), Saturated Fat: 1.98g (12.36%), Carbohydrates: 9.52g (3.17%), Net Carbohydrates: 6.44g (2.34%), Sugar: 4.46g (4.96%), Cholesterol: 72.57mg (24.19%), Sodium: 527.99mg (22.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.16g (54.31%), Vitamin C: 82.27mg (99.73%), Vitamin A: 4707.64IU (94.15%), Vitamin B3: 12.3mg (61.48%), Selenium: 36.88µg (52.69%), Vitamin B6: 1mg (50.22%), Vitamin K: 49.88µg (47.51%), Phosphorus: 288.75mg (28.87%), Vitamin B5: 2.25mg (22.48%), Potassium: 675.01mg (19.29%), Iron: 2.51mg (13.97%), Calcium: 138.98mg (13.9%), Magnesium: 55mg (13.75%), Vitamin B1: 0.19mg (12.48%), Fiber: 3.08g (12.33%), Manganese: 0.24mg (12.08%), Vitamin B2: 0.19mg (11.03%), Folate: 43.32µg (10.83%), Vitamin E: 1.26mg (8.41%), Copper: 0.15mg (7.29%), Zinc: 0.98mg (6.52%), Vitamin B12: 0.23µg (3.78%)