



Asian Chicken Salad with Sweet and Spicy Wasabi Dressing



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.8 pound chicken shredded cooked
- ☐ 1 spring onion
- ☐ 8.3 ounce mandarin orange segments light drained canned
- ☐ 2 tablespoons maple syrup
- ☐ 2 tablespoons olive oil
- ☐ 2 tablespoons rice vinegar

- ☐ 11.4 ounce the salad fresh (such as Express)
- ☐ 0.3 teaspoon salt
- ☐ 0.8 teaspoon wasabi powder dried (Japanese horseradish)

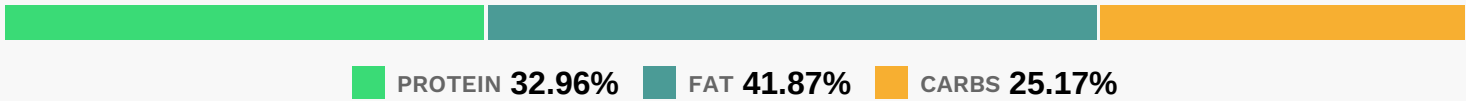
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 6 ingredients in a large bowl; stir well with a whisk.
- ☐ Add salad mix to vinegar mixture, reserving wonton strips for topping and sesame–orange dressing for another use.
- ☐ Add oranges and chicken; toss gently to coat. Top evenly with onion and reserved wonton strips.

Nutrition Facts



Properties

Glycemic Index:48.13, Glycemic Load:5.34, Inflammation Score:-8, Nutrition Score:14.377825965052%

Flavonoids

Hesperetin: 4.64mg, Hesperetin: 4.64mg, Hesperetin: 4.64mg, Hesperetin: 4.64mg Naringenin: 5.86mg, Naringenin: 5.86mg, Naringenin: 5.86mg, Naringenin: 5.86mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 277.59kcal (13.88%), Fat: 12.89g (19.82%), Saturated Fat: 2.54g (15.86%), Carbohydrates: 17.42g (5.81%), Net Carbohydrates: 16.26g (5.91%), Sugar: 12.26g (13.63%), Cholesterol: 63.79mg (21.26%), Sodium: 233.03mg (10.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.82g (45.65%), Vitamin C: 35mg (42.42%), Vitamin B3: 7.39mg (36.96%), Selenium: 21.36µg (30.52%), Vitamin A: 1381.22IU (27.62%), Vitamin B6: 0.46mg (23.07%), Phosphorus: 208.18mg (20.82%), Manganese: 0.4mg (20.22%), Vitamin B2: 0.32mg (18.6%), Potassium: 463.73mg (13.25%), Folate: 45.47µg (11.37%), Zinc: 1.59mg (10.6%), Vitamin B5: 1.05mg (10.53%), Vitamin K: 10.53µg (10.03%),

Iron: 1.73mg (9.62%), Magnesium: 36.78mg (9.2%), Vitamin B1: 0.12mg (7.96%), Vitamin E: 1.14mg (7.61%), Copper: 0.12mg (5.88%), Calcium: 56.56mg (5.66%), Fiber: 1.16g (4.64%), Vitamin B12: 0.25µg (4.11%)