



Asian Chicken Salad with Wasabi Dressing



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



555 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 heads boston lettuce
- ☐ 0.5 cucumber seedless halved lengthwise thinly sliced
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 0.5 cup mayonnaise
- ☐ 1 cup mung bean sprouts
- ☐ 1 large asian pear halved cored thinly sliced
- ☐ 0.3 cup rice vinegar
- ☐ 2 scallions white green thinly sliced

- ☐ 1.5 teaspoons asian sesame oil
- ☐ 1.8 pounds chicken breast halves boneless skinless
- ☐ 0.5 cup roasted wasabi peas coarsely chopped
- ☐ 2.5 tablespoons wasabi powder
- ☐ 1.5 tablespoons water

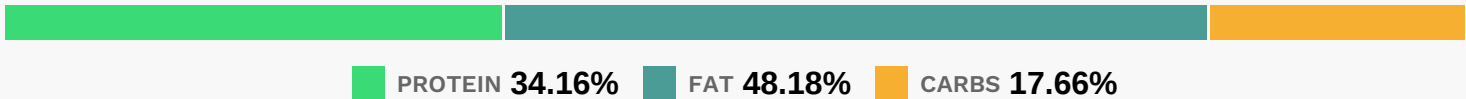
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In a large saucepan, cover the chicken breasts with water and bring to a gentle simmer. Cook over moderately low heat until the chicken is white throughout, about 12 minutes.
- ☐ Transfer the poached chicken breasts to a plate and let stand until cooled slightly, about 10 minutes.
- ☐ Meanwhile, in a small bowl, whisk the mayonnaise with the rice vinegar, wasabi powder, Asian sesame oil and 1 1/2 tablespoons of water and season with salt and pepper.
- ☐ In a large serving bowl, toss the lettuce with the Asian pear slices, cucumber, scallions, bean sprouts and 2/3 cup of the wasabi dressing. Slice the chicken breasts crosswise 1/4 inch thick and lay the slices on top of the salad. Spoon the remaining wasabi dressing over the chicken breasts, sprinkle with the chopped wasabi peas and serve at once.

Nutrition Facts



Properties

Glycemic Index:42.19, Glycemic Load:2.73, Inflammation Score:-9, Nutrition Score:32.865217447281%

Flavonoids

Cyanidin: 1.18mg, Cyanidin: 1.18mg, Cyanidin: 1.18mg, Cyanidin: 1.18mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin:

0.34mg, Epigallocatechin: 0.34mg Epicatechin: 2.16mg, Epicatechin: 2.16mg, Epicatechin: 2.16mg, Epicatechin: 2.16mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 3.4mg, Quercetin: 3.4mg, Quercetin: 3.4mg, Quercetin: 3.4mg

Nutrients (% of daily need)

Calories: 554.88kcal (27.74%), Fat: 29.46g (45.33%), Saturated Fat: 5.18g (32.36%), Carbohydrates: 24.3g (8.1%), Net Carbohydrates: 20.57g (7.48%), Sugar: 9.38g (10.42%), Cholesterol: 138.77mg (46.26%), Sodium: 730.84mg (31.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47g (94%), Vitamin K: 159.3µg (151.71%), Vitamin B3: 21.37mg (106.84%), Selenium: 65.08µg (92.97%), Vitamin B6: 1.62mg (81.11%), Vitamin A: 2897.14IU (57.94%), Phosphorus: 484.81mg (48.48%), Iron: 6.35mg (35.25%), Vitamin B5: 3.23mg (32.33%), Potassium: 1129.06mg (32.26%), Folate: 95.75µg (23.94%), Vitamin C: 16.86mg (20.43%), Magnesium: 80.41mg (20.1%), Vitamin B2: 0.32mg (18.95%), Manganese: 0.31mg (15.74%), Fiber: 3.73g (14.94%), Vitamin B1: 0.22mg (14.83%), Zinc: 1.67mg (11.15%), Vitamin E: 1.6mg (10.68%), Copper: 0.19mg (9.45%), Vitamin B12: 0.43µg (7.17%), Calcium: 64.81mg (6.48%), Vitamin D: 0.25µg (1.7%)