



Asian Chicken Slaw

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



391 kcal

SIDE DISH

Ingredients

- ☐ 10 ounce angel hair pasta
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 8 ounce water chestnuts drained sliced canned
- ☐ 0.8 cup celery finely chopped
- ☐ 0.3 cup apple cider vinegar
- ☐ 1 pound chicken shredded cooked
- ☐ 0.3 teaspoon garlic powder
- ☐ 2 teaspoons soy sauce low-sodium

- ☐ 0.3 cup onion finely chopped
- ☐ 0.5 cup bell pepper red chopped
- ☐ 0.3 cup rice vinegar
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon sesame seed toasted
- ☐ 0.3 cup slivered almonds toasted
- ☐ 2 tablespoons sugar
- ☐ 0.5 cup sugar snap peas chopped

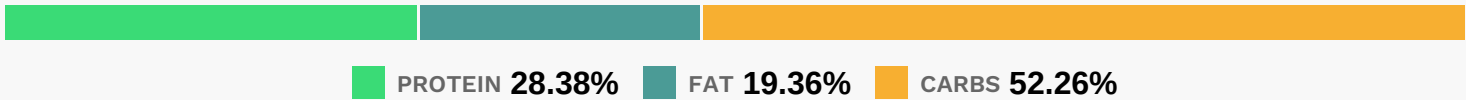
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ To prepare slaw, combine the first 7 ingredients in a large bowl.
- ☐ To prepare dressing, combine cider vinegar and next 6 ingredients (through black pepper) in a small bowl; stir with a whisk.
- ☐ Pour dressing over the slaw; toss to coat. Cover and chill 1 hour.
- ☐ Sprinkle with slivered almonds and sesame seeds before serving.

Nutrition Facts



Properties

Glycemic Index:62.52, Glycemic Load:17.43, Inflammation Score:-6, Nutrition Score:17.478695599929%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin:

0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 391.06kcal (19.55%), Fat: 8.27g (12.73%), Saturated Fat: 1.72g (10.77%), Carbohydrates: 50.27g (16.76%), Net Carbohydrates: 45.85g (16.67%), Sugar: 8.26g (9.18%), Cholesterol: 56.7mg (18.9%), Sodium: 523.76mg (22.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.3g (54.59%), Selenium: 49.46µg (70.65%), Vitamin B3: 7.39mg (36.96%), Manganese: 0.72mg (36.21%), Phosphorus: 286.69mg (28.67%), Vitamin B6: 0.55mg (27.56%), Vitamin C: 22.44mg (27.19%), Fiber: 4.42g (17.68%), Magnesium: 64.77mg (16.19%), Copper: 0.32mg (15.94%), Zinc: 2.31mg (15.4%), Iron: 2.59mg (14.37%), Vitamin B2: 0.24mg (13.95%), Potassium: 483.78mg (13.82%), Vitamin B5: 1.19mg (11.91%), Vitamin E: 1.77mg (11.81%), Vitamin A: 565.88IU (11.32%), Vitamin B1: 0.13mg (8.91%), Folate: 33.75µg (8.44%), Vitamin K: 6.67µg (6.36%), Calcium: 50.16mg (5.02%), Vitamin B12: 0.22µg (3.65%)