



Asian Chicken with Peanut Slaw

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



456 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup seasons asian sesame dressing mix good divided prepared
- 1 carrots shredded
- 2 cups cabbage shredded green finely
- 0.5 cup planters cocktail peanuts
- 1 lb chicken breast halves boneless skinless

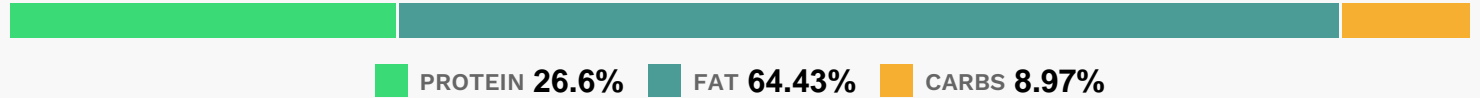
Equipment

- grill

Directions

- Preheat greased grill to medium-high heat. Grill chicken 10 to 12 min. or until cooked through (165F), turning after 5 min. and brushing occasionally with 1/4 cup dressing.
- Toss cabbage with carrots, peanuts and remaining dressing.
- Serve with the chicken.

Nutrition Facts



Properties

Glycemic Index:26.27, Glycemic Load:1.16, Inflammation Score:-9, Nutrition Score:23.240869501363%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 455.96kcal (22.8%), Fat: 33.25g (51.15%), Saturated Fat: 4.96g (31%), Carbohydrates: 10.41g (3.47%), Net Carbohydrates: 6.9g (2.51%), Sugar: 5.74g (6.38%), Cholesterol: 72.57mg (24.19%), Sodium: 621.13mg (27.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.89g (61.78%), Vitamin B3: 14.97mg (74.83%), Selenium: 38.47µg (54.96%), Vitamin A: 2632.86IU (52.66%), Vitamin K: 55.09µg (52.47%), Vitamin B6: 0.98mg (48.87%), Phosphorus: 340.73mg (34.07%), Manganese: 0.58mg (28.83%), Potassium: 737.25mg (21.06%), Vitamin B5: 2.05mg (20.55%), Vitamin C: 15.07mg (18.27%), Vitamin E: 2.71mg (18.08%), Magnesium: 69.82mg (17.46%), Folate: 66.28µg (16.57%), Vitamin B1: 0.23mg (15.15%), Fiber: 3.5g (14.02%), Copper: 0.21mg (10.42%), Vitamin B2: 0.16mg (9.46%), Iron: 1.62mg (9.03%), Zinc: 1.19mg (7.94%), Calcium: 52.95mg (5.3%), Vitamin B12: 0.23µg (3.78%)