



## Asian Noodle Salad

 Dairy Free

READY IN



40 min.

SERVINGS



40

CALORIES



49 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 cup baby carrots cut into matchlike sticks
- 0.5 cup balsamic vinaigrette dressing kraft
- 0.3 cup cilantro leaves divided chopped
- 3 cloves garlic minced
- 1 tsp ground ginger
- 1 large bell pepper red cut into matchlike sticks
- 1 lb chicken breasts boneless skinless cut into bite-size pieces
- 0.5 lb multigrain spaghetti uncooked

0.3 cup a.1. steakhouse marinade teriyaki divided

## Equipment

bowl

frying pan

sauce pan

## Directions

Toss chicken with 1/4 cup marinade and garlic. Refrigerate 20 min. to marinate. Meanwhile, cook spaghetti in large saucepan as directed on package.

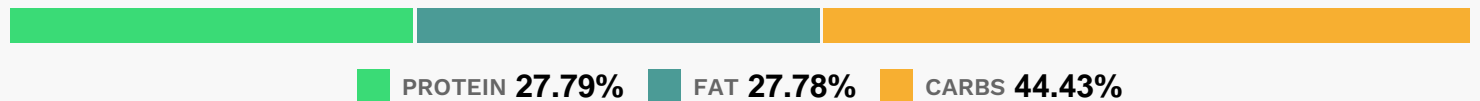
Mix dressing, remaining marinade and ginger.

Remove chicken from marinade mixture; discard marinade mixture. Cook and stir chicken, peppers and carrots in large nonstick skillet on medium heat 8 to 10 min. or until chicken is done. Stir in dressing mixture.

Drain spaghetti; return to pan.

Add chicken mixture and 3 Tbsp. cilantro; mix lightly. Spoon into bowl; sprinkle with remaining cilantro.

## Nutrition Facts



## Properties

Glycemic Index:3.4, Glycemic Load:1.77, Inflammation Score:-4, Nutrition Score:2.8969565403202%

## Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 49.08kcal (2.45%), Fat: 1.48g (2.28%), Saturated Fat: 0.18g (1.14%), Carbohydrates: 5.33g (1.78%), Net Carbohydrates: 4.96g (1.8%), Sugar: 0.83g (0.93%), Cholesterol: 7.26mg (2.42%), Sodium: 111.74mg (4.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.34g (6.67%), Vitamin A: 579.83IU (11.6%), Selenium: 7.32µg (10.46%), Vitamin B3: 1.37mg (6.83%), Vitamin C: 5.56mg (6.75%), Vitamin B6: 0.11mg (5.66%), Manganese: 0.08mg (4.11%), Phosphorus: 39.73mg (3.97%), Potassium: 76.9mg (2.2%), Vitamin B5: 0.22mg (2.18%), Magnesium: 8.04mg

(2.01%), Fiber: 0.38g (1.5%), Copper: 0.03mg (1.31%), Vitamin B2: 0.02mg (1.24%), Iron: 0.21mg (1.15%), Zinc: 0.17mg (1.12%), Vitamin B1: 0.02mg (1.11%), Folate: 4.44µg (1.11%)