



HEALTH SCORE

61%

Asian Noodle Salad



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



6

CALORIES



356 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

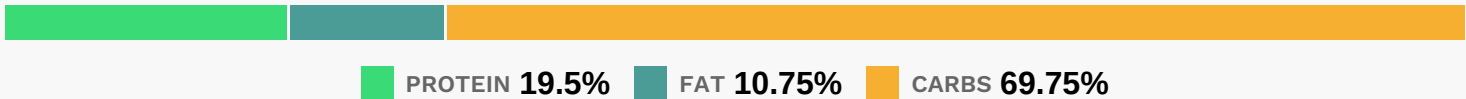
- ☐ 3 cups coleslaw mix
- ☐ 1 cup meat from a rotisserie chicken cooked thinly sliced
- ☐ 1 tablespoon natural creamy peanut butter spread skippy®
- ☐ 1 small cucumber diced peeled seeded
- ☐ 1 package sides veggies – teriyaki noodles with asian style vegetables knorr®
- ☐ 1 cup bell pepper red thinly sliced
- ☐ 0.3 cup onion red thinly sliced
- ☐ 0.3 cup rice wine vinegar

Equipment

Directions

- ☐
- Prepare Knorr Sides Plus Veggies – Teriyaki Noodles with Asian Style Vegetables according to package directions; cool. Stir in vinegar, peanut butter and oil. Stir in remaining ingredients. Chill about 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:37.33, Glycemic Load:23.6, Inflammation Score:-7, Nutrition Score:17.491304102151%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 356.08kcal (17.8%), Fat: 4.2g (6.46%), Saturated Fat: 0.93g (5.83%), Carbohydrates: 61.32g (20.44%), Net Carbohydrates: 57.1g (20.76%), Sugar: 5.1g (5.66%), Cholesterol: 17.5mg (5.83%), Sodium: 41.74mg (1.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.14g (34.28%), Selenium: 53.49µg (76.42%), Vitamin C: 45.93mg (55.68%), Manganese: 0.85mg (42.41%), Vitamin K: 29.82µg (28.4%), Phosphorus: 219.04mg (21.9%), Vitamin B3: 3.81mg (19.06%), Vitamin B6: 0.35mg (17.56%), Fiber: 4.22g (16.89%), Vitamin A: 840.49IU (16.81%), Magnesium: 60.27mg (15.07%), Copper: 0.27mg (13.7%), Folate: 48.39µg (12.1%), Potassium: 393.38mg (11.24%), Zinc: 1.66mg (11.08%), Iron: 1.65mg (9.17%), Vitamin B1: 0.13mg (8.78%), Vitamin B5: 0.8mg (8.03%), Vitamin B2: 0.13mg (7.52%), Vitamin E: 0.78mg (5.2%), Calcium: 41.45mg (4.15%), Vitamin B12: 0.07µg (1.13%)