



Asian Salad with Lime Dressing

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



4

CALORIES



338 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup roasted chicken cooked chopped
- 0.5 cup roasted peanuts
- 2 cups endive chopped
- 0.3 cup cilantro leaves fresh chopped
- 1 teaspoon ginger grated
- 1 cup jicama peeled chopped
- 0.3 cup limeade concentrate frozen thawed
- 1 cup papaya peeled seeded chopped

- 0.3 teaspoon salt
- 0.3 cup vegetable oil
- 1 tablespoon vinegar white
- 1 cup bell pepper red yellow chopped

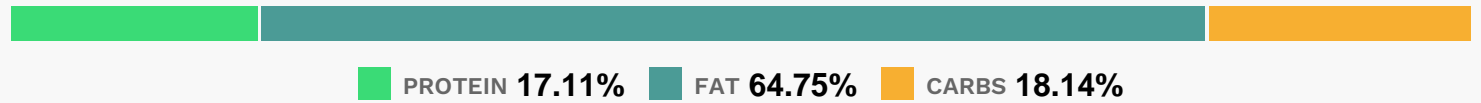
Equipment

- bowl

Directions

- In tightly covered container, shake all Lime Dressing ingredients.
- In large bowl, place all Asian Salad ingredients except peanuts and cilantro.
- Pour dressing over salad; toss to coat.
- Top with peanuts and cilantro.

Nutrition Facts



Properties

Glycemic Index:61.94, Glycemic Load:2.57, Inflammation Score:-9, Nutrition Score:20.965652445088%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 2.54mg, Kaempferol: 2.54mg, Kaempferol: 2.54mg, Kaempferol: 2.54mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 337.95kcal (16.9%), Fat: 25.19g (38.75%), Saturated Fat: 4.16g (26%), Carbohydrates: 15.88g (5.29%), Net Carbohydrates: 10.47g (3.81%), Sugar: 7.7g (8.55%), Cholesterol: 26.25mg (8.75%), Sodium: 262.93mg (11.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.98g (29.95%), Vitamin C: 78.12mg (94.69%), Vitamin K: 88.74µg (84.51%), Vitamin A: 2129.2IU (42.58%), Manganese: 0.62mg (31.21%), Vitamin B3: 6.16mg (30.77%), Folate: 95.11µg (23.78%), Fiber: 5.41g (21.63%), Vitamin B6: 0.33mg (16.68%), Phosphorus: 164.88mg (16.49%), Selenium: 10.56µg (15.08%), Magnesium: 58.41mg (14.6%), Potassium: 500.77mg (14.31%), Vitamin E: 2.09mg (13.96%), Vitamin B5: 1.06mg (10.57%), Copper: 0.21mg (10.5%), Vitamin B1: 0.14mg (9.03%), Zinc: 1.28mg (8.51%), Iron: 1.52mg (8.42%), Vitamin B2: 0.14mg (8.16%), Calcium: 50.45mg (5.04%), Vitamin B12: 0.1µg (1.69%)