



Asian Shredded Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



333 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper dried red hot
- ☐ 2 tablespoons vegetable oil
- ☐ 3 inch ginger fresh thinly sliced
- ☐ 2 tablespoons seasoned rice vinegar
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 2 tablespoons soya sauce
- ☐ 4 spring onion
- ☐ 1.5 pounds chicken breast halves boneless skinless

- ☐ 4 servings lettuce for serving
- ☐ 3 garlic clove minced
- ☐ 1 teaspoon sesame oil
- ☐ 1 pound mushroom caps fresh thinly sliced

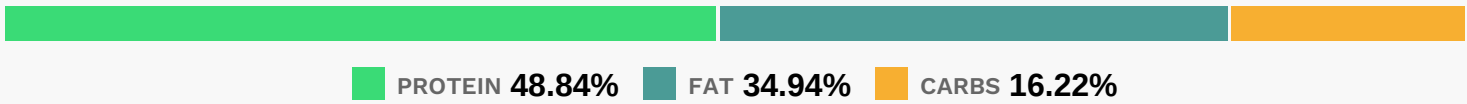
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Bring 1 1/2 inches water to a boil with ginger in a deep 12-inch skillet and add chicken. Poach at a bare simmer, turning over once, until just cooked through, 8 to 12 minutes.
- ☐ Transfer chicken with a slotted spoon to a plate and when cool enough to handle, finely shred.
- ☐ Whisk together soy sauce, vinegar, red pepper flakes, and sesame oil in a large bowl to make dressing.
- ☐ Heat vegetable oil in cleaned skillet until hot but not smoking, then sauté mushrooms over moderately high heat, stirring, until golden, about 6 minutes.
- ☐ Add scallions, garlic, and salt and pepper to taste and sauté, stirring, until scallions are just softened, about 1 minute.
- ☐ Add to dressing, then add chicken and cilantro and toss.
- ☐ Serve chicken salad with lettuce.

Nutrition Facts



Properties

Glycemic Index:59.5, Glycemic Load:2.65, Inflammation Score:-8, Nutrition Score:29.419999972634%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg

Nutrients (% of daily need)

Calories: 333.28kcal (16.66%), Fat: 13.01g (20.02%), Saturated Fat: 2.18g (13.65%), Carbohydrates: 13.6g (4.53%), Net Carbohydrates: 9.02g (3.28%), Sugar: 5.04g (5.59%), Cholesterol: 108.86mg (36.29%), Sodium: 727.32mg (31.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.93g (81.87%), Vitamin B3: 22.77mg (113.86%), Selenium: 61.59µg (87.99%), Vitamin B6: 1.71mg (85.67%), Vitamin K: 65.78µg (62.65%), Phosphorus: 525.41mg (52.54%), Vitamin B5: 4.29mg (42.86%), Potassium: 1198.04mg (34.23%), Vitamin B2: 0.47mg (27.74%), Manganese: 0.53mg (26.43%), Magnesium: 82.93mg (20.73%), Fiber: 4.58g (18.33%), Vitamin A: 826.74IU (16.53%), Zinc: 2.44mg (16.26%), Folate: 58.61µg (14.65%), Copper: 0.28mg (13.87%), Vitamin B1: 0.18mg (12.14%), Iron: 2mg (11.13%), Vitamin C: 8.3mg (10.06%), Vitamin E: 1.28mg (8.54%), Vitamin B12: 0.34µg (5.67%), Calcium: 44.79mg (4.48%), Vitamin D: 0.62µg (4.16%)