



## Asian-Style Chicken Salad

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



502 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup coconut flakes flaked
- 11.8 oz snow peas asian-style (greens, carrots, snow peas, radishes, noodles, sesame-ginger dressing)
- 1 lb chicken breast boneless skinless cut into 24 (1 1/2-inch) pieces
- 0.3 cup vegetable oil
- 11 oz mandarin orange segments drained canned
- 0.3 cup spring onion sliced
- 0.5 cup sesame-ginger dressing
- 1 cup frangelico

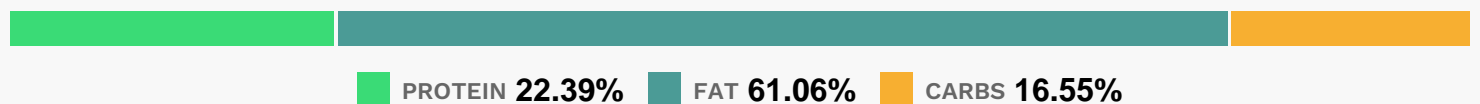
## Equipment

- bowl
- frying pan
- ziploc bags

## Directions

- In 1-gallon resealable food-storage plastic bag, mix Bisquick mix and coconut.
- Pour sesame-ginger dressing from salad kit into medium bowl.
- Add chicken pieces to dressing; stir well to coat chicken.
- Shake about 6 chicken pieces at a time in bag of Bisquick mixture until coated. Shake off any extra mixture.
- In 12-inch skillet, heat oil over medium heat.
- Place chicken pieces in single layer in skillet; cook 6 to 8 minutes, turning occasionally, until chicken is browned on outside and no longer pink in center. Cool 5 minutes. Meanwhile, divide greens among 4 plates.
- Top each salad with warm chicken pieces, noodles, orange segments and onions.
- Drizzle with roasted Asian sesame dressing.

## Nutrition Facts



## Properties

Glycemic Index:18.5, Glycemic Load:3.86, Inflammation Score:-9, Nutrition Score:26.564348013505%

## Flavonoids

Hesperetin: 6.19mg, Hesperetin: 6.19mg, Hesperetin: 6.19mg, Hesperetin: 6.19mg Naringenin: 7.81mg, Naringenin: 7.81mg, Naringenin: 7.81mg, Naringenin: 7.81mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

## Nutrients (% of daily need)

Calories: 501.51kcal (25.08%), Fat: 34.54g (53.13%), Saturated Fat: 7.76g (48.52%), Carbohydrates: 21.06g (7.02%), Net Carbohydrates: 16.15g (5.87%), Sugar: 14.73g (16.37%), Cholesterol: 72.57mg (24.19%), Sodium: 451.9mg

(19.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.49g (56.97%), Vitamin C: 73.4mg (88.97%), Vitamin K: 76.56µg (72.91%), Vitamin B3: 12.69mg (63.43%), Selenium: 38.47µg (54.96%), Vitamin B6: 1.06mg (53.16%), Phosphorus: 322.68mg (32.27%), Vitamin A: 1543.72IU (30.87%), Vitamin B5: 2.46mg (24.56%), Potassium: 810.7mg (23.16%), Vitamin E: 3.43mg (22.87%), Manganese: 0.41mg (20.32%), Fiber: 4.91g (19.64%), Vitamin B1: 0.25mg (16.62%), Magnesium: 64.86mg (16.21%), Iron: 2.73mg (15.15%), Folate: 56.46µg (14.12%), Vitamin B2: 0.22mg (12.85%), Copper: 0.18mg (8.83%), Calcium: 82.14mg (8.21%), Zinc: 1.1mg (7.33%), Vitamin B12: 0.23µg (3.78%)