



Asian-Style Grilled Chicken Salad With Cherry-Peanut Dressing

 Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



574 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 medium carrots julienned
- 2 tablespoons creamy peanut butter
- 0.5 cup cooking wine dry white
- 1 clove garlic
- 1 teaspoon ginger freshly grated
- 1 bell pepper green julienned
- 0.3 cup brown sugar light packed

- 0.5 cup soya sauce low-sodium
- 2 tablespoons soya sauce low-sodium
- 1 bell pepper red julienned
- 1 tablespoon rice vinegar (unseasoned)
- 6 cups romaine lettuce chopped
- 2 cups sauerkraut drained and rinsed
- 3 scallions julienned
- 0.5 teaspoon sesame oil
- 1.5 pounds chicken breasts boneless skinless
- 1 cup snow peas julienned trimmed
- 0.3 1/4 cup chopped thawed frozen pitted sweet cherries sweet frozen thawed pitted chopped
- 1 1 cup thawed frozen pitted sweet cherries sweet frozen thawed pitted
- 3 tablespoons vegetable oil
- 6 servings vegetable oil for brushing
- 1 cup water chestnuts drained sliced
- 6 ounce wonton wrappers thinly sliced
- 1 tablespoon worcestershire sauce

Equipment

- bowl
- baking sheet
- oven
- whisk
- blender
- grill
- ziploc bags
- cutting board

Directions

- Whisk the cherries, 1 tablespoon reserved cherry juice, the soy sauce, peanut butter, vinegar, vegetable oil and sesame oil in a bowl. Set aside.
- Put the cherries, 3 tablespoons reserved cherry juice, the soy sauce, white wine, brown sugar, Worcestershire sauce, ginger and garlic in a blender and puree until the cherries and garlic are finely chopped.
- Pour the marinade into a large resealable plastic bag. Pierce the chicken all over with a fork.
- Add to the bag with the marinade, seal and refrigerate at least 20 minutes or up to 8 hours. Preheat a grill to high.
- Brush the grates with vegetable oil.
- Remove the chicken from the marinade, brushing off any excess. Grill the chicken, covered, until the juices run clear, 5 to 7 minutes per side.
- Transfer to a cutting board and let rest 5 minutes.
- Meanwhile, prepare the salad: Preheat the oven to 350 degrees F. Soak the sauerkraut in a bowl of ice water 10 minutes; drain, rinse and squeeze out the excess water. Arrange the wonton strips in a single layer on a baking sheet and bake until crisp, about 5 minutes. Toss the sauerkraut and romaine with half of the dressing in a bowl; divide among plates. Top with the bell peppers, scallions, carrots, snow peas and water chestnuts. Slice the chicken and serve with the salad. Top with the crispy wonton strips.
- Serve with more dressing on the side. Photograph by Yunhee Kim

Nutrition Facts



Properties

Glycemic Index:53.47, Glycemic Load:1.57, Inflammation Score:-10, Nutrition Score:36.636956702108%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.1mg, Luteolin: 1.1mg, Luteolin: 1.1mg, Luteolin: 1.1mg

Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

Nutrients (% of daily need)

Calories: 574.14kcal (28.71%), Fat: 27.74g (42.67%), Saturated Fat: 4.57g (28.55%), Carbohydrates: 46.18g (15.39%), Net Carbohydrates: 39.44g (14.34%), Sugar: 16.2g (18%), Cholesterol: 75.13mg (25.04%), Sodium: 1652.35mg (71.84%), Alcohol: 2.06g (100%), Alcohol %: 0.58% (100%), Protein: 33.19g (66.38%), Vitamin A: 8472.17IU (169.44%), Vitamin K: 114.76µg (109.29%), Vitamin C: 65.07mg (78.87%), Vitamin B3: 15.48mg (77.41%), Selenium: 45.94µg (65.63%), Vitamin B6: 1.3mg (64.75%), Phosphorus: 392.29mg (39.23%), Manganese: 0.76mg (37.99%), Folate: 150.18µg (37.54%), Potassium: 1079.39mg (30.84%), Fiber: 6.74g (26.95%), Iron: 4.42mg (24.56%), Vitamin B2: 0.41mg (24.16%), Vitamin E: 3.56mg (23.73%), Vitamin B1: 0.36mg (23.71%), Magnesium: 93.85mg (23.46%), Vitamin B5: 2.25mg (22.52%), Copper: 0.29mg (14.61%), Zinc: 1.86mg (12.38%), Calcium: 96.75mg (9.68%), Vitamin B12: 0.23µg (3.87%)