



Banh Mi Chicken Salad



Gluten Free



Popular

READY IN



10 min.

SERVINGS



4

CALORIES



837 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 birds eye chili sliced (such as sriracha)
- ☐ 0.3 cup vietnamese caramel sauce (see below)
- ☐ 0.3 cup pickled carrots
- ☐ 2 medium chicken breasts
- ☐ 2 medium vietnamese caramel chicken breasts sliced (see below)
- ☐ 4 servings cilantro leaves to taste
- ☐ 2 cups cucumber sliced
- ☐ 0.3 cup pickled daikon radish

- ☐ 0.3 cup fish sauce
- ☐ 2 tablespoons fish sauce
- ☐ 1 clove garlic grated
- ☐ 2 cloves garlic chopped
- ☐ 2 teaspoons ginger grated
- ☐ 2 green onions sliced
- ☐ 6 cups lettuce sliced
- ☐ 0.3 cup juice of lime (- 2 limes)
- ☐ 2 tablespoons juice of lime (- 1 lime)
- ☐ 2 tablespoons mayonnaise
- ☐ 2 birds eye chilies sliced
- ☐ 1 shallots diced finely
- ☐ 1 small shallots diced finely
- ☐ 0.3 cup banh mi dressing (see below)
- ☐ 0.3 cup sugar
- ☐ 0.5 cup sugar
- ☐ 0.3 cup water
- ☐ 2 tablespoons water

Equipment

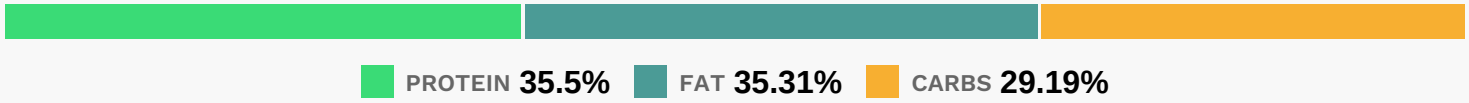
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Assemble the salad, toss in dressing and enjoy!
- ☐ Heat the water and sugar in a large frying pan over medium heat and simmer until it turns a deep golden brown, about 15–20 minutes.
- ☐ Mix the fish sauce, lime juice, and water and carefully add it to the pan, then heat until the caramel dissolves.

- ☐
- Add the chili, garlic and shallots and simmer until tender, about a minute.
- ☐
- Add the chicken and simmer until cooked, about 4–6 minutes per side and set aside.Increase the heat to medium–high and simmer the sauce until it thickens, about 3–5 minutes.
- ☐
- Serve the chicken topped with the reduced caramel sauce.
- ☐
- Mix everything and enjoy.
- ☐
- Heat the water and sugar in a small sauce pan over medium heat and simmer until it turns a deep golden brown with hints of reds and blacks, about 15–20 minutes.Carefully add the water and stir until the caramel has melted into it.

Nutrition Facts



Properties

Glycemic Index:128.75, Glycemic Load:28.16, Inflammation Score:-9, Nutrition Score:38.612608888875%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 2.03mg, Hesperetin: 2.03mg, Hesperetin: 2.03mg, Hesperetin: 2.03mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg

Nutrients (% of daily need)

Calories: 836.54kcal (41.83%), Fat: 32.93g (50.66%), Saturated Fat: 10.09g (63.05%), Carbohydrates: 61.23g (20.41%), Net Carbohydrates: 58.29g (21.2%), Sugar: 55.06g (61.18%), Cholesterol: 222.92mg (74.31%), Sodium: 2420.16mg (105.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 74.49g (148.98%), Vitamin B3: 30.04mg (150.2%), Selenium: 104.17µg (148.82%), Vitamin B6: 2.42mg (121.04%), Phosphorus: 711.12mg (71.11%), Vitamin K: 68.82µg (65.54%), Zinc: 7.63mg (50.9%), Potassium: 1624.95mg (46.43%), Vitamin A: 2121.48IU (42.43%), Vitamin B12: 2.49µg (41.47%), Magnesium: 150.63mg (37.66%), Vitamin B5: 3.69mg (36.88%), Vitamin B2: 0.59mg (34.8%), Vitamin C: 21.61mg (26.19%), Vitamin B1: 0.35mg (23.17%), Iron: 4.03mg (22.38%), Folate: 82.58µg (20.64%), Manganese: 0.41mg (20.28%), Copper: 0.3mg (14.88%), Fiber: 2.94g (11.78%), Vitamin E: 1.51mg (10.09%), Calcium: 91.09mg (9.11%), Vitamin D: 0.35µg (2.35%)