



WHATSheATE



Best-Ever Chinese Chicken Salad



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



222 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 pound asparagus trimmed
- ☐ 1 large avocado cubed
- ☐ 6 cups cabbage shredded finely
- ☐ 2 cups meat from a rotisserie chicken cubed cooked
- ☐ 4 green onions sliced (including green tops)
- ☐ 2 navel oranges (see notes)
- ☐ 2 tablespoons sesame seed toasted
- ☐ 1.5 cups vegetable oil

- ☐ 4 4-inch wonton wrappers fresh cut into 1/-wide strips (see notes)

Equipment

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

Directions

- ☐ In a 2- to 3-quart pan over high heat, bring about 1 quart water to a boil.
- ☐ Add asparagus and cook until crisp-tender, 2 to 3 minutes.
- ☐ Drain, then plunge asparagus into ice water to stop the cooking.
- ☐ Drain and set aside.
- ☐ Cut off and discard ends from oranges. Following the curve of the fruit, cut off peel and outer membrane. Slice oranges crosswise into 1/4-inch-thick rounds, then cut these rounds into quarters. Set aside.
- ☐ Pour the vegetable oil into a 3- to 4-quart pan (the oil should be about 1/2 inch deep) and set over medium-high heat. When oil reaches 350, add wonton strips and fry, stirring, until golden brown on both sides, about 30 seconds total. Lift out with a slotted spoon and transfer to paper towels to drain.
- ☐ In a large serving bowl, toss the cabbage, chicken, and asparagus with the dressing. Top with avocado, orange slices, and wonton strips, then garnish with green onions and sesame seeds.
- ☐ Spicy soy-ginger dressing. In a medium bowl, whisk together 2 tablespoons rice wine vinegar, 2 tablespoons brown sugar, 1 1/2 tablespoons soy sauce, 1 tablespoon Asian red chile sauce (such as Sriracha), and 1 1/2 teaspoons grated fresh ginger. Slowly drizzle in 1/4 cup vegetable oil or grapeseed oil, whisking constantly. Season with salt to taste.
- ☐ Notes: To save time, you can use store-bought crispy wontons or chow mein noodles instead of frying your own. You can also substitute one 11-ounce can of mandarin oranges for the fresh orange slices.

Nutrition Facts



 **PROTEIN 19.7%**  **FAT 59.74%**  **CARBS 20.56%**

Properties

Glycemic Index:22.88, Glycemic Load:1.28, Inflammation Score:-7, Nutrition Score:15.727826056273%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg Naringenin: 2.48mg, Naringenin: 2.48mg, Naringenin: 2.48mg, Naringenin: 2.48mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 1.62mg, Isorhamnetin: 1.62mg, Isorhamnetin: 1.62mg, Isorhamnetin: 1.62mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Quercetin: 4.82mg, Quercetin: 4.82mg, Quercetin: 4.82mg, Quercetin: 4.82mg

Nutrients (% of daily need)

Calories: 221.7kcal (11.08%), Fat: 15.34g (23.6%), Saturated Fat: 2.59g (16.21%), Carbohydrates: 11.88g (3.96%), Net Carbohydrates: 7.11g (2.59%), Sugar: 5.5g (6.11%), Cholesterol: 26.3mg (8.77%), Sodium: 42.42mg (1.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.38g (22.77%), Vitamin K: 84.42µg (80.4%), Vitamin C: 45.13mg (54.7%), Vitamin B3: 3.89mg (19.47%), Folate: 77.53µg (19.38%), Fiber: 4.76g (19.05%), Vitamin B6: 0.35mg (17.31%), Selenium: 10.39µg (14.84%), Phosphorus: 131.91mg (13.19%), Potassium: 432.95mg (12.37%), Manganese: 0.24mg (12.13%), Copper: 0.23mg (11.61%), Vitamin E: 1.68mg (11.19%), Vitamin B1: 0.16mg (10.44%), Iron: 1.86mg (10.33%), Vitamin B2: 0.17mg (10.27%), Vitamin B5: 0.98mg (9.75%), Vitamin A: 463.32IU (9.27%), Magnesium: 37.08mg (9.27%), Zinc: 1.15mg (7.67%), Calcium: 74.12mg (7.41%), Vitamin B12: 0.1µg (1.69%)