



Broccoli Chicken Salad



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



319 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound broccoli florets
- ☐ 0.5 cup cilantro leaves roughly chopped
- ☐ 2 teaspoons ginger fresh minced
- ☐ 1 garlic clove minced
- ☐ 2 tablespoons juice of lime
- ☐ 3 tablespoons soy sauce reduced-sodium
- ☐ 0.5 cup peanut butter (any kind)
- ☐ 1 cup peas frozen thawed

- ☐ 2 cups chicken shredded cooked
- ☐ 3 tablespoons vegetable oil

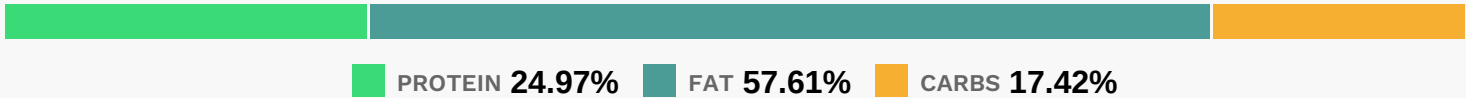
Equipment

- ☐ bowl

Directions

- ☐ Mix first 6 ingredients and 1/3 cup water in a bowl. Toss with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:27.89, Glycemic Load:2.5, Inflammation Score:-8, Nutrition Score:22.87391307043%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Kaempferol: 5.93mg, Kaempferol: 5.93mg, Kaempferol: 5.93mg, Kaempferol: 5.93mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg

Nutrients (% of daily need)

Calories: 319.07kcal (15.95%), Fat: 21.3g (32.77%), Saturated Fat: 4.16g (26.01%), Carbohydrates: 14.5g (4.83%), Net Carbohydrates: 9.98g (3.63%), Sugar: 5.07g (5.63%), Cholesterol: 35mg (11.67%), Sodium: 442.28mg (19.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.77g (41.54%), Vitamin C: 79.15mg (95.94%), Vitamin K: 99.85µg (95.09%), Vitamin B3: 7.65mg (38.24%), Manganese: 0.63mg (31.57%), Phosphorus: 254.09mg (25.41%), Vitamin B6: 0.48mg (24.19%), Folate: 89.09µg (22.27%), Vitamin E: 3.22mg (21.43%), Selenium: 14.82µg (21.17%), Magnesium: 76.66mg (19.17%), Fiber: 4.51g (18.05%), Potassium: 571.71mg (16.33%), Vitamin A: 767.51IU (15.35%), Vitamin B2: 0.25mg (14.88%), Zinc: 1.95mg (12.98%), Vitamin B1: 0.18mg (12.2%), Vitamin B5: 1.18mg (11.83%), Iron: 1.99mg (11.08%), Copper: 0.21mg (10.39%), Calcium: 62.71mg (6.27%), Vitamin B12: 0.14µg (2.26%)