



Caramelized-Chicken Salad with Chile-Garlic Vinaigrette

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



254 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup julienne-cut bell pepper red ()
- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 cup julienne-cut carrot ()
- ☐ 0.3 cup cilantro sprigs
- ☐ 6 ounces cucumber peeled halved lengthwise seeded thinly sliced
- ☐ 1 tablespoon fish sauce
- ☐ 0.3 cup basil fresh coarsely chopped

- ☐ 0.3 cup bean sprouts fresh
- ☐ 0.3 cup mint leaves fresh coarsely chopped
- ☐ 8 garlic cloves peeled
- ☐ 0.3 cup jalapeno seeded chopped
- ☐ 6 tablespoons juice of lime fresh
- ☐ 4 ounces rice stick noodles uncooked
- ☐ 0.5 cup shallots minced
- ☐ 1 pound chicken thighs boneless skinless cut into 1/2-inch-wide strips
- ☐ 2 tablespoons sugar
- ☐ 3 tablespoons sugar
- ☐ 2 teaspoons vegetable oil

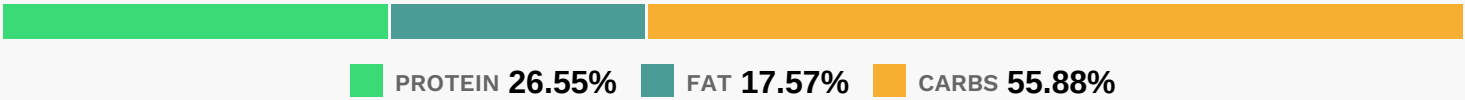
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ blender

Directions

- ☐ To prepare noodles, cook noodles in boiling water 1 1/2 minutes; drain. Rinse under cold water.
- ☐ Drain and place in a large bowl.
- ☐ To prepare the sauce, place lime juice and the next 4 ingredients (lime juice through garlic) in a blender, and process until smooth.
- ☐ To prepare chicken, heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add chicken; saut for 3 minutes. Stir in shallots. Cook 1 minute; stir constantly.
- ☐ Add sugar; cook 5 minutes, stirring frequently.
- ☐ Remove from heat; stir in 1 tablespoon fish sauce and black pepper.
- ☐ To prepare salad, combine noodles, sauce, chicken mixture, bell pepper, and remaining ingredients in a large bowl, and toss well.

Nutrition Facts



Properties

Glycemic Index:86.34, Glycemic Load:17.88, Inflammation Score:-9, Nutrition Score:16.371304242507%

Flavonoids

Eriodictyol: 0.91mg, Eriodictyol: 0.91mg, Eriodictyol: 0.91mg, Eriodictyol: 0.91mg Hesperetin: 1.54mg, Hesperetin: 1.54mg, Hesperetin: 1.54mg, Hesperetin: 1.54mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 254kcal (12.7%), Fat: 4.99g (7.68%), Saturated Fat: 1.08g (6.74%), Carbohydrates: 35.72g (11.91%), Net Carbohydrates: 33.23g (12.08%), Sugar: 14.22g (15.8%), Cholesterol: 71.82mg (23.94%), Sodium: 350.86mg (15.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.98g (33.95%), Vitamin C: 46.64mg (56.53%), Vitamin A: 2826.25IU (56.52%), Selenium: 21.21µg (30.3%), Vitamin B6: 0.6mg (30.03%), Vitamin B3: 4.91mg (24.55%), Phosphorus: 212.38mg (21.24%), Manganese: 0.36mg (18.16%), Vitamin K: 18.41µg (17.53%), Potassium: 458.21mg (13.09%), Vitamin B5: 1.24mg (12.37%), Vitamin B2: 0.2mg (11.8%), Zinc: 1.63mg (10.84%), Magnesium: 42.84mg (10.71%), Fiber: 2.48g (9.94%), Folate: 37.76µg (9.44%), Vitamin B1: 0.13mg (8.98%), Vitamin B12: 0.5µg (8.3%), Iron: 1.48mg (8.23%), Copper: 0.14mg (7.16%), Vitamin E: 0.94mg (6.26%), Calcium: 45.61mg (4.56%)