



Carole's Sesame Chicken Salad

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



633 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 chicken breast halves boneless cooked chopped
- ☐ 1 carrots shredded
- ☐ 2 green onions chopped
- ☐ 0.1 teaspoon ground ginger
- ☐ 1 cup mayonnaise
- ☐ 0.5 small head napa cabbage
- ☐ 0.5 cup fried rice noodles crispy for garnish
- ☐ 1 tablespoon sesame oil

- ☐ 1 tablespoon sesame seed toasted
- ☐ 1 tablespoon sugar white

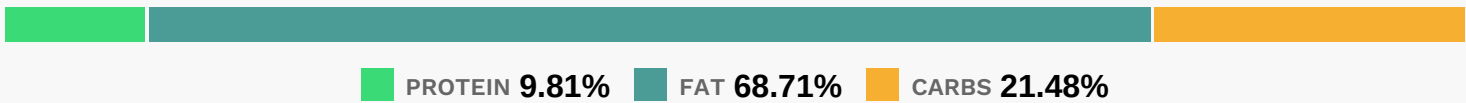
Equipment

- ☐ bowl

Directions

- ☐ Several hours before serving make the dressing.
- ☐ Combine mayonnaise, sesame oil, sugar and ginger. Cover and refrigerate.
- ☐ Thinly slice the cabbage and place in large bowl along with the cubed chicken.
- ☐ Add the green onions, toasted sesame seeds and shredded carrot. Toss then mix in the dressing. Divide salad onto serving plates and top with additional green onion and crispy rice noodles.

Nutrition Facts



Properties

Glycemic Index:80.98, Glycemic Load:17.64, Inflammation Score:-9, Nutrition Score:21.777391273042%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 633.19kcal (31.66%), Fat: 48.3g (74.3%), Saturated Fat: 7.61g (47.57%), Carbohydrates: 33.97g (11.32%), Net Carbohydrates: 31.32g (11.39%), Sugar: 5.77g (6.41%), Cholesterol: 59.68mg (19.89%), Sodium: 496.84mg (21.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.51g (31.02%), Vitamin K: 154.57µg (147.2%), Vitamin A: 3018.78IU (60.38%), Vitamin C: 33.08mg (40.1%), Vitamin B6: 0.73mg (36.7%), Selenium: 25.3µg (36.14%), Vitamin B3: 6.69mg (33.43%), Folate: 103.51µg (25.88%), Manganese: 0.47mg (23.75%), Phosphorus: 228.52mg (22.85%), Potassium: 572.48mg (16.36%), Vitamin E: 2.27mg (15.11%), Calcium: 128.21mg (12.82%), Magnesium: 43.61mg (10.9%), Vitamin B5: 1.08mg (10.82%), Fiber: 2.65g (10.6%), Copper: 0.18mg (9.17%), Vitamin B2: 0.15mg (8.69%), Vitamin B1: 0.13mg (8.34%), Zinc: 1.11mg (7.38%), Iron: 1.32mg (7.34%), Vitamin B12: 0.18µg (3%), Vitamin D: 0.17µg

(1.12%)