



Chicken and Edamame Asian Salad



Dairy Free

READY IN



11 min.

SERVINGS



8

CALORIES



227 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 12 ounce grilled chicken strips refrigerated coarsely chopped
- ☐ 1 cup chow mein noodles crispy
- ☐ 1.3 cups edamame green frozen shelled thawed (soybeans)
- ☐ 11 ounce mandarin oranges in syrup light drained canned
- ☐ 10 ounce leaf lettuce and romaine blend salad greens
- ☐ 1 cup snow peas trimmed
- ☐ 0.5 cup sesame-ginger dressing low-fat (such as Newman's Own)
- ☐ 8 ounce water chestnuts diced drained canned

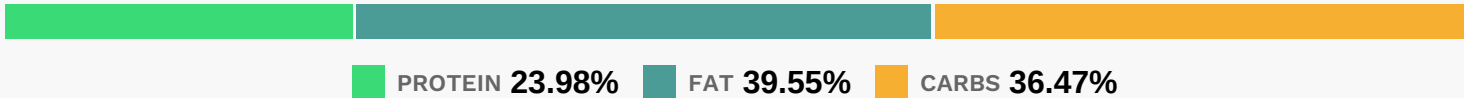
Equipment

☐ bowl

Directions

- ☐ Steam snow peas, covered, 3 to 4 minutes or until crisp-tender. Plunge into ice water until cool; drain well.
- ☐ Combine snow peas, salad greens, and next 5 ingredients in a large bowl; toss well.
- ☐ Sprinkle with chow mein noodles.

Nutrition Facts



Properties

Glycemic Index:5.25, Glycemic Load:1.88, Inflammation Score:-9, Nutrition Score:13.549565197333%

Flavonoids

Hesperetin: 3.1mg, Hesperetin: 3.1mg, Hesperetin: 3.1mg, Hesperetin: 3.1mg Naringenin: 3.91mg, Naringenin: 3.91mg, Naringenin: 3.91mg, Naringenin: 3.91mg

Nutrients (% of daily need)

Calories: 226.75kcal (11.34%), Fat: 10.15g (15.62%), Saturated Fat: 1.34g (8.35%), Carbohydrates: 21.06g (7.02%), Net Carbohydrates: 17.27g (6.28%), Sugar: 8.08g (8.98%), Cholesterol: 27.22mg (9.07%), Sodium: 267.82mg (11.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.85g (27.69%), Vitamin A: 3040.75IU (60.81%), Vitamin C: 25.21mg (30.56%), Vitamin B3: 5.29mg (26.46%), Selenium: 16.93µg (24.18%), Vitamin B6: 0.48mg (24.02%), Fiber: 3.79g (15.15%), Potassium: 510.07mg (14.57%), Phosphorus: 137.21mg (13.72%), Iron: 2.2mg (12.23%), Vitamin K: 12.02µg (11.44%), Manganese: 0.2mg (10.17%), Vitamin E: 1.45mg (9.65%), Vitamin B1: 0.14mg (9.4%), Folate: 35.23µg (8.81%), Vitamin B5: 0.87mg (8.75%), Vitamin B2: 0.14mg (8.01%), Magnesium: 28.47mg (7.12%), Calcium: 60.7mg (6.07%), Copper: 0.09mg (4.56%), Zinc: 0.64mg (4.26%), Vitamin B12: 0.09µg (1.42%)