



Chicken and Glass Noodle Salad

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



394 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3.8 ounce vermicelli uncooked (cellophane noodles)
- 0.5 cup bell pepper red
- 2 cups chicken breast shredded boneless skinless
- 2 teaspoons chili paste depending on your taste pref fresh with garlic (ground chile paste)
- 0.5 cup roasted peanuts unsalted chopped
- 1.5 tablespoons fish sauce
- 2 tablespoons cilantro leaves fresh
- 1 tablespoon mint leaves fresh chopped

- 2 tablespoons juice of lime fresh
- 2 tablespoons rice vinegar
- 0.3 cup shallots thinly sliced
- 0.5 cup irish oats grated
- 1 teaspoon sugar

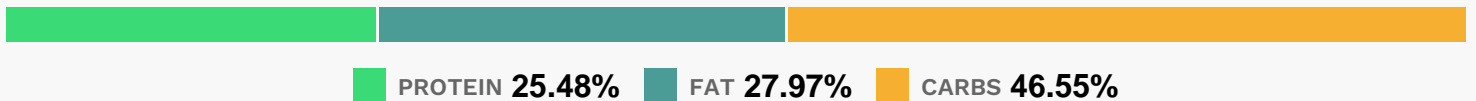
Equipment

- bowl

Directions

- Place noodles in a large bowl. Cover with very hot tap water, and let stand 15 minutes.
- While noodles soak, combine vinegar and next 4 ingredients (through sambal), stirring until sugar dissolves.
- Combine chicken and next 5 ingredients (through mint), tossing well.
- Drain and rinse noodles with cold water; drain well, squeezing to remove excess water. Snip noodles several times with kitchen shears.
- Combine noodles and chicken mixture, tossing well to combine.
- Drizzle noodle mixture with vinegar mixture; toss well to coat. Top with peanuts.

Nutrition Facts



Properties

Glycemic Index:67.77, Glycemic Load:8.01, Inflammation Score:-7, Nutrition Score:16.729999993158%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 393.74kcal (19.69%), Fat: 12.41g (19.1%), Saturated Fat: 2.03g (12.67%), Carbohydrates: 46.49g (15.5%), Net Carbohydrates: 41.36g (15.04%), Sugar: 3.93g (4.37%), Cholesterol: 48mg (16%), Sodium: 702.97mg (30.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.44g (50.88%), Vitamin B3: 11.05mg (55.26%), Selenium: 28.42µg (40.6%), Vitamin B6: 0.78mg (38.97%), Vitamin C: 29.45mg (35.7%), Manganese: 0.58mg (29.16%), Phosphorus: 257.46mg (25.75%), Fiber: 5.13g (20.51%), Magnesium: 71.18mg (17.79%), Potassium: 572.73mg (16.36%), Vitamin B5: 1.49mg (14.88%), Iron: 2.56mg (14.25%), Vitamin A: 682.57IU (13.65%), Folate: 47.79µg (11.95%), Vitamin B1: 0.17mg (11.58%), Copper: 0.2mg (9.83%), Zinc: 1.07mg (7.16%), Vitamin B2: 0.12mg (7.11%), Calcium: 55.36mg (5.54%), Vitamin E: 0.51mg (3.38%), Vitamin B12: 0.18µg (3.04%), Vitamin K: 1.92µg (1.82%)