



Chicken-Cabbage Noodle Salad

 Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



165 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup balsamic vinaigrette dressing kraft
- 4 cups coleslaw blend (cabbage slaw mix)
- 6 oz ramen noodle soup mix
- 0.8 cup planters roasted peanuts dry
- 2 cups meat from a rotisserie chicken shredded cooked
- 1 Tbsp lite soy sauce
- 2 Tbsp sugar
- 1 cup water hot

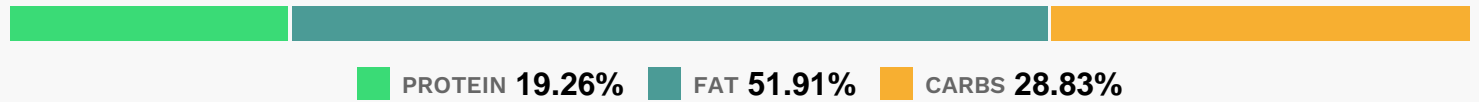
Equipment

bowl

Directions

- Mix dressing, sugar and soy sauce until blended. Dissolve 1 Seasoning Packet (from ramen soup package) in hot water.
- Add to dressing mixture; mix well. Discard remaining seasoning packet or reserve for another use.
- Break Ramen Noodles apart; place in large bowl.
- Add coleslaw blend, chicken and nuts; mix lightly.
- Add dressing mixture; toss to coat.

Nutrition Facts



Properties

Glycemic Index:11.74, Glycemic Load:4.65, Inflammation Score:-2, Nutrition Score:5.9582608497661%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 165.03kcal (8.25%), Fat: 9.65g (14.84%), Saturated Fat: 2.04g (12.76%), Carbohydrates: 12.06g (4.02%), Net Carbohydrates: 10.69g (3.89%), Sugar: 3.02g (3.36%), Cholesterol: 14mg (4.67%), Sodium: 417.63mg (18.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.05g (16.1%), Vitamin B3: 3.11mg (15.53%), Vitamin K: 14.83µg (14.13%), Manganese: 0.25mg (12.62%), Vitamin B1: 0.15mg (10.12%), Selenium: 6.5µg (9.28%), Vitamin C: 6.87mg (8.32%), Phosphorus: 82.97mg (8.3%), Vitamin B6: 0.15mg (7.34%), Folate: 29.26µg (7.32%), Magnesium: 22.76mg (5.69%), Fiber: 1.37g (5.47%), Iron: 0.92mg (5.09%), Vitamin B2: 0.08mg (4.78%), Zinc: 0.63mg (4.19%), Potassium: 144.9mg (4.14%), Vitamin E: 0.57mg (3.79%), Vitamin B5: 0.36mg (3.61%), Copper: 0.07mg (3.51%), Calcium: 18.86mg (1.89%), Vitamin B12: 0.08µg (1.37%)