



Chicken Salad With Thai-Flavored Dressing



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



708 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons asian fish sauce
- ☐ 4 servings boston lettuce
- ☐ 4 servings carrots grated
- ☐ 2 medium rib celery cut into small dice
- ☐ 4 servings cucumbers sliced
- ☐ 2 tablespoons cilantro leaves fresh minced
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 2 medium green onions sliced thin

- ☐ 1 teaspoon ground ginger
- ☐ 2 tablespoons juice of lime
- ☐ 0.5 teaspoon pepper flakes red hot
- ☐ 0.3 cup honey-roasted peanuts chopped
- ☐ 4 servings honey-roasted peanuts chopped
- ☐ 4 cups rotisserie chicken cut shredded
- ☐ 2 teaspoons sugar white

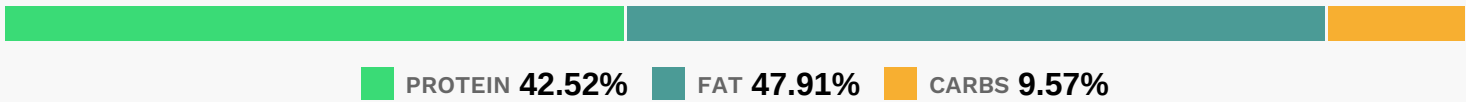
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a medium bowl, mix chicken, celery, green onions and peanuts. In a small bowl, whisk lime juice, fish sauce, ginger, sugar, red pepper, cilantro and mint, plus 2 Tbs. water.
- ☐ Toss dressing with chicken mixture and serve on a bed of Boston lettuce with the suggested accompaniments.

Nutrition Facts



Properties

Glycemic Index:56.98, Glycemic Load:3.55, Inflammation Score:-10, Nutrition Score:18.291739173557%

Flavonoids

Eriodictyol: 0.94mg, Eriodictyol: 0.94mg, Eriodictyol: 0.94mg, Eriodictyol: 0.94mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 707.72kcal (35.39%), Fat: 38.78g (59.67%), Saturated Fat: 8.14g (50.87%), Carbohydrates: 17.42g (5.81%), Net Carbohydrates: 11.53g (4.19%), Sugar: 5.77g (6.41%), Cholesterol: 227.12mg (75.71%), Sodium: 1747.97mg (76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 77.44g (154.88%), Vitamin A: 11001.5IU (220.03%), Manganese: 1.25mg (62.57%), Vitamin B3: 6.86mg (34.29%), Vitamin K: 26.15µg (24.9%), Magnesium: 95.06mg (23.76%), Fiber: 5.89g (23.55%), Folate: 75.76µg (18.94%), Phosphorus: 182.44mg (18.24%), Potassium: 595.63mg (17.02%), Copper: 0.31mg (15.75%), Vitamin B6: 0.25mg (12.26%), Vitamin B1: 0.18mg (11.82%), Vitamin C: 8.42mg (10.21%), Iron: 1.56mg (8.67%), Calcium: 78.88mg (7.89%), Vitamin B5: 0.76mg (7.64%), Zinc: 1.05mg (7.01%), Selenium: 4.22µg (6.03%), Vitamin B2: 0.09mg (5.55%), Vitamin E: 0.58mg (3.89%)