



Chicken Slaw Salad

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



446 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup sesame-ginger dressing low-fat
- ☐ 1 cup carrots shredded (1 large)
- ☐ 0.5 cup chow mein noodles
- ☐ 2 cups roasted chicken cooked chopped
- ☐ 2 cups cabbage shredded green
- ☐ 2 cups cabbage shredded red
- ☐ 0.3 cup sunflower seeds

Equipment

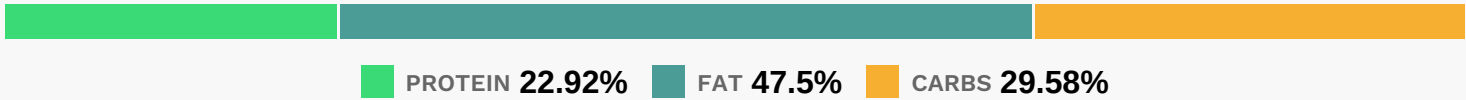
☐

bowl

Directions

- ☐ In large bowl, place all ingredients except dressing and noodles.
- ☐ Pour dressing over salad; toss to coat.
- ☐ Garnish with noodles.

Nutrition Facts



Properties

Glycemic Index:35.71, Glycemic Load:2.47, Inflammation Score:-10, Nutrition Score:23.114347955455%

Flavonoids

Cyanidin: 93.37mg, Cyanidin: 93.37mg, Cyanidin: 93.37mg, Cyanidin: 93.37mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 445.53kcal (22.28%), Fat: 23.79g (36.6%), Saturated Fat: 3.61g (22.56%), Carbohydrates: 33.33g (11.11%), Net Carbohydrates: 28.01g (10.19%), Sugar: 7.69g (8.54%), Cholesterol: 52.5mg (17.5%), Sodium: 590.98mg (25.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.82g (51.65%), Vitamin A: 5920.98IU (118.42%), Vitamin K: 65.32µg (62.21%), Vitamin C: 40.18mg (48.7%), Vitamin B3: 6.8mg (33.99%), Selenium: 22.56µg (32.23%), Vitamin E: 4.82mg (32.14%), Vitamin B6: 0.58mg (29.01%), Phosphorus: 234.89mg (23.49%), Fiber: 5.32g (21.29%), Manganese: 0.39mg (19.26%), Iron: 3.04mg (16.89%), Vitamin B1: 0.24mg (15.89%), Potassium: 533.42mg (15.24%), Magnesium: 57.08mg (14.27%), Folate: 51.65µg (12.91%), Zinc: 1.75mg (11.68%), Vitamin B2: 0.2mg (11.52%), Copper: 0.22mg (10.96%), Vitamin B5: 1mg (10.02%), Calcium: 65.46mg (6.55%), Vitamin B12: 0.2µg (3.38%)