



Chicken Spaghetti Salad

 Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



277 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 teaspoons canola oil
- 0.3 cup carrots julienned
- 0.5 cup chicken shredded cooked
- 0.5 cup cucumber julienned
- 1 teaspoon ginger fresh minced
- 0.3 teaspoon garlic minced
- 1 tablespoon soy sauce reduced-sodium
- 3 ounces pasta like spaghetti uncooked

- 0.8 teaspoon sugar
- 1 tablespoon vinegar white

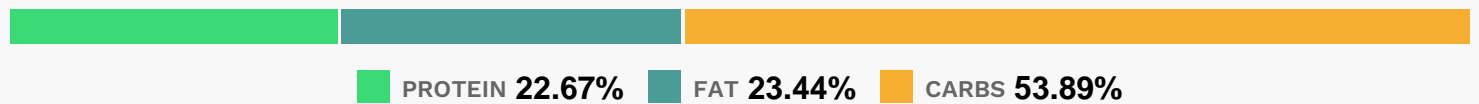
Equipment

- sauce pan

Directions

- Cook spaghetti according to package directions; drain and rinse in cold water.
- Combine the spaghetti, chicken, cucumber and carrot. In a small saucepan, combine the vinegar, soy sauce, oil, ginger, sugar and garlic. Bring to a boil; remove from the heat.
- Drizzle over spaghetti mixture and toss to coat.

Nutrition Facts



Properties

Glycemic Index:134.46, Glycemic Load:14.62, Inflammation Score:-9, Nutrition Score:12.978695734687%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 277.45kcal (13.87%), Fat: 7.11g (10.93%), Saturated Fat: 1.06g (6.64%), Carbohydrates: 36.76g (12.25%), Net Carbohydrates: 34.49g (12.54%), Sugar: 4.17g (4.63%), Cholesterol: 26.25mg (8.75%), Sodium: 332.56mg (14.46%), Alcohol: 0g (100%), Protein: 15.46g (30.92%), Vitamin A: 3602.27IU (72.05%), Selenium: 35.69µg (50.98%), Manganese: 0.5mg (24.88%), Vitamin B3: 3.8mg (19.02%), Phosphorus: 176.53mg (17.65%), Vitamin B6: 0.27mg (13.47%), Magnesium: 42.56mg (10.64%), Potassium: 322.47mg (9.21%), Copper: 0.18mg (9.2%), Fiber: 2.27g (9.1%), Zinc: 1.31mg (8.74%), Vitamin K: 8.11µg (7.73%), Vitamin B2: 0.12mg (6.93%), Vitamin B5: 0.69mg (6.91%), Iron: 1.24mg (6.87%), Vitamin E: 0.93mg (6.22%), Vitamin B1: 0.09mg (5.9%), Folate: 21.75µg (5.44%), Vitamin C: 2.49mg (3.02%), Calcium: 28.56mg (2.86%), Vitamin B12: 0.1µg (1.69%)