



Chicken Spinach Salad with Spicy Vinaigrette

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



462 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 cups baby spinach fresh
- ☐ 8 ounces bean threads uncooked cellophane noodles
- ☐ 1 cup julienne-cut carrot
- ☐ 4 teaspoons chile paste with garlic
- ☐ 0.3 cup dry-roasted peanuts finely chopped
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 2 tablespoons vegetable oil; peanut oil preferred
- ☐ 0.5 cup rice vinegar

- ☐ 2 cups roasted shredded boneless skinless
- ☐ 0.5 teaspoon sesame oil
- ☐ 2 tablespoons sugar

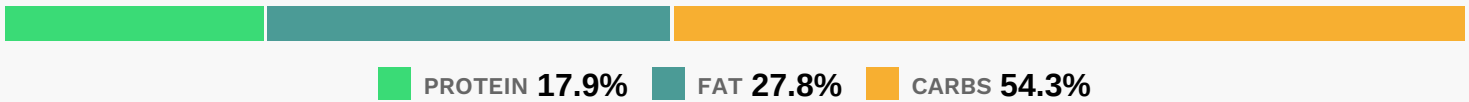
Equipment

- ☐ bowl

Directions

- ☐ Cook noodles according to package directions, omitting salt and fat.
- ☐ Drain and rinse under cold water.
- ☐ Drain well.
- ☐ While noodles cook, combine rice vinegar and next 5 ingredients (rice vinegar through sesame oil) in a large bowl.
- ☐ Add noodles and chicken to vinegar mixture; toss to coat. Arrange 1 cup spinach and 1/4 cup carrot on each of 4 plates. Top each serving with 1 1/2 cups chicken mixture; sprinkle each serving with 1 tablespoon peanuts.

Nutrition Facts



Properties

Glycemic Index:49.73, Glycemic Load:5.35, Inflammation Score:-10, Nutrition Score:24.656956320224%

Flavonoids

Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 1.99mg, Kaempferol: 1.99mg, Kaempferol: 1.99mg, Kaempferol: 1.99mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 462.26kcal (23.11%), Fat: 14.2g (21.85%), Saturated Fat: 2.41g (15.08%), Carbohydrates: 62.43g (20.81%), Net Carbohydrates: 59.7g (21.71%), Sugar: 8.13g (9.04%), Cholesterol: 48mg (16%), Sodium: 467.66mg (20.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.57g (41.15%), Vitamin A: 8191.47IU (163.83%), Vitamin K: 149.45µg (142.33%), Vitamin B3: 10mg (50.01%), Selenium: 29.79µg (42.55%), Vitamin B6: 0.74mg (36.85%), Manganese: 0.65mg (32.47%), Phosphorus: 254.01mg (25.4%), Folate: 83.93µg (20.98%), Potassium: 671.2mg

(19.18%), Magnesium: 70.51mg (17.63%), Iron: 2.79mg (15.49%), Vitamin E: 2.19mg (14.58%), Vitamin C: 12.02mg (14.57%), Vitamin B1: 0.21mg (14.28%), Vitamin B5: 1.38mg (13.85%), Fiber: 2.73g (10.93%), Vitamin B2: 0.18mg (10.7%), Copper: 0.19mg (9.63%), Zinc: 1.16mg (7.74%), Calcium: 72.68mg (7.27%), Vitamin B12: 0.15µg (2.5%)