



Chicken-Vegetable Slaw

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



211 kcal

SIDE DISH

Ingredients

- 2 cups cabbage shredded finely
- 0.3 cup coarsely carrot shredded
- 2 teaspoons cashew pieces unsalted chopped
- 1 cup chicken breast cooked chopped (skinned before cooking and without salt)
- 2 tablespoons cucumber chopped
- 1 tablespoon green onions chopped
- 0.3 cup nonfat mayonnaise
- 0.1 teaspoon pepper freshly ground

- 0.3 cup rice wine vinegar
- 0.1 teaspoon salt
- 1 teaspoon sugar
- 0.3 cup tomatoes seeded chopped

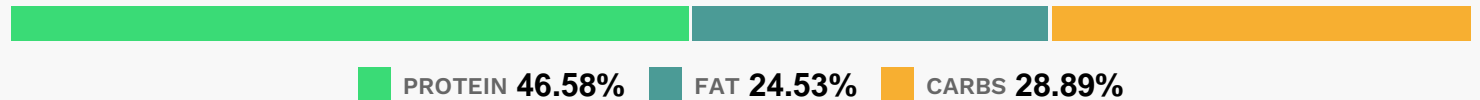
Equipment

- bowl
- whisk

Directions

- Combine first 5 ingredients in a small bowl, stirring well with a wire whisk.
- Combine cabbage and next 5 ingredients; add mayonnaise mixture, and toss gently.
- Sprinkle with cashews just before serving.

Nutrition Facts



Properties

Glycemic Index:176.56, Glycemic Load:3.54, Inflammation Score:-9, Nutrition Score:18.704348013453%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 210.91kcal (10.55%), Fat: 5.63g (8.65%), Saturated Fat: 1.3g (8.14%), Carbohydrates: 14.91g (4.97%), Net Carbohydrates: 11.56g (4.2%), Sugar: 9.04g (10.04%), Cholesterol: 62.1mg (20.7%), Sodium: 451.3mg (19.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.03g (48.07%), Vitamin K: 73.29µg (69.8%), Vitamin A: 2952.65IU (59.05%), Vitamin B3: 10.11mg (50.53%), Vitamin C: 30.18mg (36.58%), Selenium: 20.82µg (29.75%), Vitamin B6: 0.57mg (28.7%), Phosphorus: 224.23mg (22.42%), Manganese: 0.31mg (15.27%), Potassium: 470.98mg (13.46%), Fiber: 3.35g (13.38%), Magnesium: 50.55mg (12.64%), Folate: 43.98µg (10.99%), Copper: 0.2mg (9.83%),

Vitamin B5: 0.97mg (9.66%), Vitamin B1: 0.14mg (9.09%), Iron: 1.62mg (9%), Zinc: 1.24mg (8.25%), Vitamin B2: 0.13mg (7.9%), Calcium: 56.01mg (5.6%), Vitamin B12: 0.24µg (3.97%), Vitamin E: 0.58mg (3.86%)