



Chicken with Ginger and Green Onion Salt Dip



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



358 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups rice hot cooked
- ☐ 3 cups chicken breast shredded cooked
- ☐ 2 tablespoons ginger fresh grated peeled
- ☐ 0.3 cup green onions minced
- ☐ 1.5 teaspoons kosher salt
- ☐ 2.5 tablespoons vegetable oil

Equipment

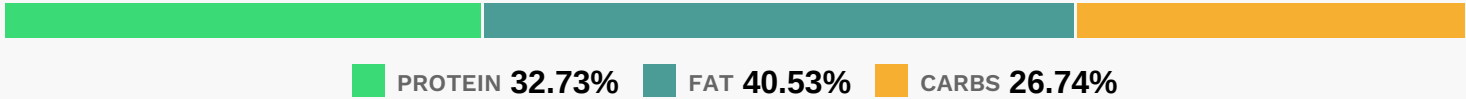
- ☐ bowl

whisk

Directions

Combine first 4 ingredients in a medium bowl, stirring with a whisk. Arrange chicken over rice; serve with dip.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:24.09, Inflammation Score:-3, Nutrition Score:12.287391108015%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 357.99kcal (17.9%), Fat: 15.72g (24.19%), Saturated Fat: 3.27g (20.42%), Carbohydrates: 23.33g (7.78%), Net Carbohydrates: 22.79g (8.29%), Sugar: 0.24g (0.27%), Cholesterol: 78.75mg (26.25%), Sodium: 953.05mg (41.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.56g (57.13%), Selenium: 31.82µg (45.46%), Vitamin B3: 8.65mg (43.25%), Vitamin K: 28.57µg (27.21%), Vitamin B6: 0.51mg (25.67%), Phosphorus: 239.07mg (23.91%), Manganese: 0.41mg (20.55%), Zinc: 2.02mg (13.48%), Vitamin B5: 1.34mg (13.4%), Vitamin B2: 0.17mg (10.05%), Iron: 1.55mg (8.62%), Magnesium: 34.31mg (8.58%), Potassium: 300.05mg (8.57%), Copper: 0.13mg (6.41%), Vitamin B1: 0.09mg (5.68%), Vitamin E: 0.77mg (5.14%), Vitamin B12: 0.3µg (5.08%), Folate: 12.01µg (3%), Calcium: 26.1mg (2.61%), Fiber: 0.55g (2.19%), Vitamin A: 105.36IU (2.11%), Vitamin C: 1.35mg (1.64%)