



Chinese Chicken Rice Salad

 Gluten Free  Dairy Free

READY IN



540 min.

SERVINGS



6

CALORIES



282 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup brown rice
- 1 cup celery sliced
- 2 cups rotisserie chicken breast meat cooked chopped
- 1 teaspoon ginger root fresh minced
- 1 cup mushrooms fresh sliced
- 0.5 cup green onion diced
- 3 tablespoons juice of lemon
- 2 tablespoons olive oil

- 0.5 cup bell pepper diced red
- 6 servings salt and pepper black to taste
- 3 tablespoons soya sauce
- 1 teaspoon teriyaki sauce
- 2.5 cups water
- 1 cup water chestnuts sliced

Equipment

- bowl
- sauce pan
- whisk

Directions

- Place the rice and water in a saucepan and bring to a boil. Reduce heat to low, cover, and simmer until water is absorbed, about 45 minutes. Set aside to cool.
- To make the dressing, whisk together the oil, lemon juice, soy sauce, ginger, and teriyaki sauce in a small bowl. Season with salt and pepper.
- In a large bowl, mix together the cooked rice and chicken. Stir in celery, water chestnuts, mushrooms, green onion, and red pepper.
- Mix with the dressing to coat. Cover and refrigerate 8 hours or overnight. Toss gently before serving.

Nutrition Facts



PROTEIN 27.22% **FAT 23.45%** **CARBS 49.33%**

Properties

Glycemic Index:36.13, Glycemic Load:14.08, Inflammation Score:-6, Nutrition Score:17.26652178557%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.26mg,

Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 282.09kcal (14.1%), Fat: 7.38g (11.36%), Saturated Fat: 1.32g (8.28%), Carbohydrates: 34.94g (11.65%), Net Carbohydrates: 31.39g (11.41%), Sugar: 3.17g (3.52%), Cholesterol: 39.67mg (13.22%), Sodium: 789.55mg (34.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.28g (38.57%), Manganese: 1.35mg (67.65%), Vitamin B3: 9.15mg (45.73%), Vitamin B6: 0.63mg (31.39%), Vitamin C: 21.99mg (26.65%), Vitamin K: 25.85µg (24.62%), Phosphorus: 239.09mg (23.91%), Selenium: 15µg (21.43%), Magnesium: 73.96mg (18.49%), Fiber: 3.55g (14.22%), Vitamin B5: 1.38mg (13.79%), Vitamin B1: 0.21mg (13.67%), Copper: 0.27mg (13.3%), Potassium: 447.61mg (12.79%), Iron: 2.12mg (11.79%), Vitamin A: 557.68IU (11.15%), Vitamin B2: 0.19mg (11.04%), Zinc: 1.55mg (10.35%), Vitamin E: 1.39mg (9.29%), Folate: 34.64µg (8.66%), Calcium: 39.43mg (3.94%), Vitamin B12: 0.17µg (2.75%)