



## Chinese Chicken Salad

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



269 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 4 stalks celery sliced thin
- 4 green onions sliced
- 1 head lettuce
- 6 ounces noodles chinese crisp
- 0.5 cup vegetable oil; peanut oil preferred
- 1 teaspoon salt
- 6 tablespoons seasoned rice vinegar
- 2 tablespoons sesame seed toasted

- 0.5 cup walnuts chopped
- 4 tablespoons sugar white

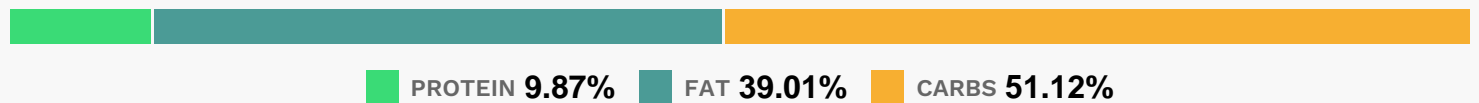
## Equipment

- bowl

## Directions

- In a large salad bowl combine the chicken, lettuce, green onion, celery, nuts, seeds and noodles.
- Mix all together. Set aside.
- To Make Dressing: Put vinegar in a small bowl. Dissolve sugar and salt in vinegar before adding oil. Shake/Beat well.
- Add dressing to salad and toss to coat.
- Serve and enjoy!

## Nutrition Facts



## Properties

Glycemic Index:52.18, Glycemic Load:15.09, Inflammation Score:-6, Nutrition Score:12.020434928977%

## Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Apigenin: 0.88mg, Apigenin: 0.88mg, Apigenin: 0.88mg, Apigenin: 0.88mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

## Nutrients (% of daily need)

Calories: 268.6kcal (13.43%), Fat: 11.92g (18.34%), Saturated Fat: 1.5g (9.38%), Carbohydrates: 35.15g (11.72%), Net Carbohydrates: 31.56g (11.48%), Sugar: 11.32g (12.58%), Cholesterol: 0mg (0%), Sodium: 421.77mg (18.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.79g (13.58%), Vitamin K: 46.34µg (44.13%), Manganese: 0.82mg (41.06%), Selenium: 19.69µg (28.12%), Copper: 0.39mg (19.3%), Folate: 58.02µg (14.5%), Fiber: 3.59g (14.35%), Phosphorus: 132.06mg (13.21%), Vitamin A: 652.65IU (13.05%), Magnesium: 50.78mg (12.7%), Potassium: 337.34mg (9.64%), Iron: 1.59mg (8.85%), Vitamin B6: 0.18mg (8.8%), Vitamin B1: 0.13mg (8.45%), Calcium: 75.39mg (7.54%),

Zinc: 1.11mg (7.41%), Vitamin E: 0.95mg (6.33%), Vitamin C: 4.97mg (6.03%), Vitamin B2: 0.08mg (4.93%), Vitamin B3: 0.95mg (4.75%), Vitamin B5: 0.33mg (3.32%)