



## Chinese Chicken Salad

 Dairy Free

READY IN



48 min.

SERVINGS



25

CALORIES



153 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.3 cup almonds sliced
- 7 oz mandarin oranges in juice drained canned
- 0.5 head napa cabbage shredded cored
- 3 tablespoons peanut butter
- 18 oz japanese ramen noodles crushed
- 0.3 cup rice vinegar
- 25 servings salt and pepper
- 5 scallions thinly sliced

- 0.3 cup sesame seed
- 3 chicken breast halves boneless skinless
- 2 tablespoons soya sauce
- 0.3 cup sugar
- 0.5 cup vegetable oil

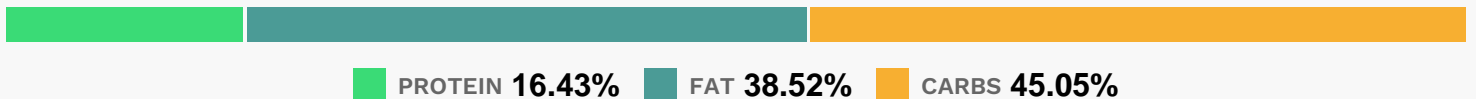
## Equipment

- bowl
- frying pan

## Directions

- Place cabbage and scallions in a bowl. Bring peanut butter, 1/2 cup oil, sugar, vinegar and soy sauce to a boil in a small pan over medium-high heat, stirring. Simmer until thickened, about 1 minute. Cool slightly.
- Warm a large skillet over medium heat. Taking one topping at a time, toast sesame seeds, almonds and ramen until lightly browned, stirring, about 3 minutes each.
- Remove to a bowl.
- Increase heat to medium-high; add 2 Tbsp. oil. Season chicken with salt and pepper. Saut, turning once, until cooked, about 8 minutes.
- Remove and slice.
- Add noodle mixture and oranges to bowl with cabbage. Toss in dressing. Top with chicken; serve.

## Nutrition Facts



## Properties

Glycemic Index:12.2, Glycemic Load:7.54, Inflammation Score:-4, Nutrition Score:7.1130434883677%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

## Nutrients (% of daily need)

Calories: 153.23kcal (7.66%), Fat: 6.65g (10.23%), Saturated Fat: 2.09g (13.09%), Carbohydrates: 17.5g (5.83%), Net Carbohydrates: 16.26g (5.91%), Sugar: 3.55g (3.95%), Cholesterol: 8.68mg (2.89%), Sodium: 716.42mg (31.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.38g (12.76%), Vitamin B1: 0.25mg (16.76%), Vitamin K: 15.49µg (14.75%), Vitamin B3: 2.78mg (13.91%), Manganese: 0.24mg (11.9%), Folate: 43.53µg (10.88%), Selenium: 7.2µg (10.29%), Vitamin C: 8.23mg (9.97%), Vitamin B6: 0.19mg (9.52%), Phosphorus: 82.09mg (8.21%), Iron: 1.3mg (7.25%), Copper: 0.13mg (6.6%), Vitamin B2: 0.1mg (5.9%), Magnesium: 23.51mg (5.88%), Vitamin E: 0.87mg (5.77%), Potassium: 174.74mg (4.99%), Fiber: 1.24g (4.96%), Calcium: 41.76mg (4.18%), Vitamin A: 191.97IU (3.84%), Zinc: 0.55mg (3.64%), Vitamin B5: 0.3mg (3.01%), Vitamin B12: 0.08µg (1.3%)