



Chinese Chicken Salad

 **Gluten Free**  **Dairy Free**

READY IN



60 min.

SERVINGS



12

CALORIES



293 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup apple cider vinegar good
- 0.5 pound asparagus cut in thirds diagonally
- 0.5 teaspoon pepper black freshly ground
- 12 servings pepper black freshly ground
- 4 chicken breasts split bone-in (, skin-on)
- 1.5 tablespoons sesame oil dark
- 0.5 teaspoon ginger fresh grated peeled
- 1 clove garlic minced

- 0.5 tablespoon honey
- 2 teaspoons kosher salt
- 12 servings kosher salt
- 12 servings olive oil good
- 1 bell pepper red cored seeded
- 2 scallions white green sliced (and parts)
- 0.5 tablespoon sesame seed toasted
- 0.3 cup smooth peanut butter
- 3 tablespoons soya sauce
- 0.5 cup vegetable oil
- 1 tablespoon sesame seed white toasted

Equipment

- bowl
- frying pan
- oven
- whisk
- pot

Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F.
- Place the chicken breasts on a sheet pan and rub with the skin with olive oil.
- Sprinkle liberally with salt and pepper. Roast for 35 to 40 minutes, until the chicken is just cooked. Set aside until cool enough to handle.
- Remove the meat from the bones, discard the skin, and shred the chicken in large bite-sized pieces.
- Blanch the asparagus in a pot of boiling salted water for 3 to 5 minutes until crisp-tender. Plunge into ice water to stop the cooking.

- Drain.
- Cut the peppers in strips about the size of the asparagus pieces.
- Combine the cut chicken, asparagus, and peppers in a large bowl.
- Whisk together all of the ingredients for the dressing and pour over the chicken and vegetables.
- Add the scallions and sesame seeds and season to taste.
- Serve cold or at room temperature.

Nutrition Facts

PROTEIN 24.94%

FAT 69.46%

CARBS 5.6%

Properties

Glycemic Index:33.02, Glycemic Load:0.91, Inflammation Score:-6, Nutrition Score:13.147391402203%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg

Nutrients (% of daily need)

Calories: 293.29kcal (14.66%), Fat: 22.83g (35.12%), Saturated Fat: 3.51g (21.97%), Carbohydrates: 4.14g (1.38%), Net Carbohydrates: 3.02g (1.1%), Sugar: 2.21g (2.45%), Cholesterol: 48.21mg (16.07%), Sodium: 945.04mg (41.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.44g (36.89%), Vitamin B3: 9.09mg (45.47%), Selenium: 25.22µg (36.03%), Vitamin B6: 0.66mg (32.81%), Vitamin K: 24.97µg (23.78%), Vitamin E: 3.21mg (21.39%), Phosphorus: 202.84mg (20.28%), Vitamin C: 15.12mg (18.33%), Vitamin B5: 1.24mg (12.37%), Potassium: 396.02mg (11.31%), Manganese: 0.22mg (11.18%), Vitamin A: 497.03IU (9.94%), Magnesium: 38.91mg (9.73%), Vitamin B2: 0.13mg (7.8%), Iron: 1.22mg (6.78%), Vitamin B1: 0.1mg (6.69%), Copper: 0.13mg (6.67%), Folate: 25.15µg (6.29%), Zinc: 0.82mg (5.44%), Fiber: 1.12g (4.5%), Calcium: 25.9mg (2.59%), Vitamin B12: 0.15µg (2.51%)