



## Chinese Chicken Salad

 Dairy Free

READY IN



240 min.

SERVINGS



6

CALORIES



519 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 0.5 cup almonds toasted sliced
- 0.5 teaspoon pepper black
- 6 cups chicken shredded cooked (from a)
- 0.5 cup cilantro leaves fresh chopped
- 0.3 cup juice of lemon fresh
- 1 lb the of 1 cos lettuce ( 8 cups)
- 1 teaspoon salt
- 0.5 cup spring onion chopped

- 1 tablespoon sesame oil
- 2 tablespoons sesame seed toasted
- 6 cups napa cabbage cored trimmed
- 0.3 cup soya sauce
- 2 tablespoons sugar
- 0.3 cup vegetable oil
- 1 tablespoon vinegar white
- 20 square wonton wrappers frozen thawed

## Equipment

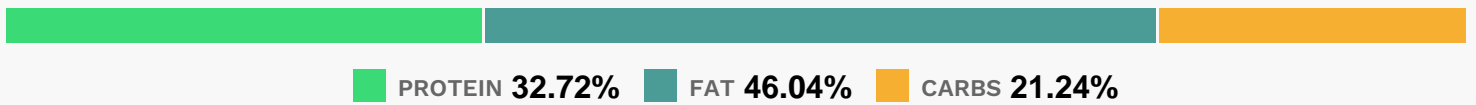
- bowl
- paper towels
- sauce pan
- whisk
- pot
- kitchen thermometer
- slotted spoon
- colander

## Directions

- Cut wonton wrappers into 1/2-inch-wide strips and separate on paper towels.
- Heat 3/4 inch oil in a wide 3-quart heavy saucepan over moderate heat until it registers 350°F on thermometer. Fry strips, 5 or 6 at a time, gently turning over once with a slotted spoon, until just golden, 15 to 30 seconds per batch (some strips will fold and curl).
- Transfer to paper towels to drain, then season with salt.
- Cook snow peas in a 4-quart pot of boiling salted water until crisp-tender, about 1 1/2 minutes.
- Transfer with a slotted spoon to a bowl of ice and cold water to stop cooking, then drain in a colander and pat dry.
- Cut diagonally into 1-inch-wide pieces and put in a large bowl with cabbage and romaine.

- Whisk together soy sauce, lemon juice, sugar, vinegar, salt, and pepper in a small bowl, then add sesame oil and vegetable oil in a slow stream, whisking until sugar is dissolved and dressing is combined well. Toss chicken and scallions with 1/3 cup of dressing in another large bowl.
- Whisk remaining dressing (it will separate), then add cabbage mixture, cilantro, almonds, and sesame seeds to chicken and toss with enough remaining dressing to coat.
- Sprinkle with wontons (if using).
- Wontons can be fried 1 day ahead and cooled completely, then kept in an airtight container at room temperature.

## Nutrition Facts



### Properties

Glycemic Index:51.35, Glycemic Load:3.68, Inflammation Score:-10, Nutrition Score:34.256956743157%

### Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg

### Nutrients (% of daily need)

Calories: 519.46kcal (25.97%), Fat: 26.68g (41.04%), Saturated Fat: 4.87g (30.41%), Carbohydrates: 27.69g (9.23%), Net Carbohydrates: 23.06g (8.39%), Sugar: 6.93g (7.7%), Cholesterol: 107.25mg (35.75%), Sodium: 1190.99mg (51.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.65g (85.31%), Vitamin K: 148.77µg (141.69%), Vitamin A: 7062.12IU (141.24%), Vitamin B3: 13.78mg (68.9%), Selenium: 43.68µg (62.39%), Folate: 207.28µg (51.82%), Vitamin B6: 0.88mg (43.84%), Phosphorus: 404.89mg (40.49%), Manganese: 0.78mg (38.9%), Vitamin C: 29.41mg (35.64%), Vitamin B2: 0.51mg (29.94%), Iron: 4.58mg (25.47%), Potassium: 840.73mg (24.02%), Vitamin B1: 0.35mg (23.47%), Magnesium: 91.74mg (22.93%), Zinc: 3.19mg (21.26%), Vitamin E: 3.03mg (20.2%), Copper: 0.4mg (19.78%), Fiber: 4.63g (18.51%), Calcium: 169.26mg (16.93%), Vitamin B5: 1.66mg (16.57%), Vitamin B12: 0.41µg

(6.85%)