



Chinese Chicken Salad

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



368 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup rice vinegar
- 2 tablespoons sugar
- 0.5 teaspoon salt
- 0.3 cup vegetable oil; peanut oil preferred
- 2.5 cups roasted chicken cooked chopped
- 8 cups lettuce
- 2 cups celery stalks thinly sliced
- 0.5 cup carrots shredded

- 0.5 cup walnuts coarsely chopped
- 0.3 cup spring onion sliced
- 2 tablespoons sesame seed toasted
- 0.5 cup chow mein noodles

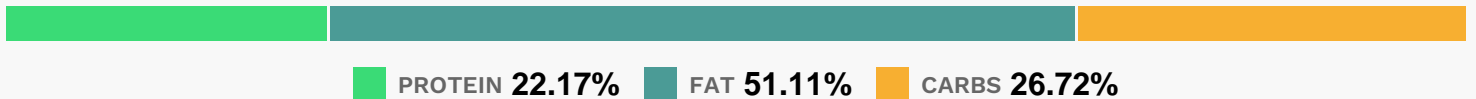
Equipment

- bowl
- whisk

Directions

- In small bowl, stir together vinegar, sugar and salt until sugar is dissolved.
- Whisk in oil.
- In large salad bowl, stir together chicken, lettuce, celery, carrot, walnuts, green onions and sesame seed until well mixed. Just before serving, pour dressing over salad; toss until coated. Top with chow mein noodles.

Nutrition Facts



Properties

Glycemic Index:52.99, Glycemic Load:4.13, Inflammation Score:-9, Nutrition Score:15.864782696185%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg

Nutrients (% of daily need)

Calories: 367.61kcal (18.38%), Fat: 21.14g (32.52%), Saturated Fat: 3.4g (21.23%), Carbohydrates: 24.86g (8.29%), Net Carbohydrates: 20.74g (7.54%), Sugar: 7.56g (8.4%), Cholesterol: 43.75mg (14.58%), Sodium: 406.06mg (17.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.63g (41.27%), Vitamin A: 2482.71IU (49.65%), Vitamin K: 43.36µg (41.29%), Manganese: 0.59mg (29.57%), Vitamin B3: 5.18mg (25.9%), Selenium: 16.09µg

(22.98%), Vitamin B6: 0.4mg (19.75%), Phosphorus: 195.49mg (19.55%), Copper: 0.34mg (17.11%), Fiber: 4.12g (16.49%), Folate: 59.71µg (14.93%), Iron: 2.57mg (14.3%), Potassium: 457.92mg (13.08%), Magnesium: 49.66mg (12.42%), Vitamin E: 1.84mg (12.3%), Zinc: 1.63mg (10.85%), Vitamin B1: 0.15mg (9.75%), Vitamin B2: 0.16mg (9.44%), Vitamin B5: 0.83mg (8.26%), Calcium: 80.62mg (8.06%), Vitamin C: 5.27mg (6.39%), Vitamin B12: 0.17µg (2.82%)