



HEALTH SCORE

58%

Chinese Chicken Salad



Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



465 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 teaspoons cooking oil
- ☐ 0.5 pound chicken tenderloins
- ☐ 1 teaspoon olive oil extra virgin
- ☐ 1 teaspoon ginger juice
- ☐ 0.1 teaspoon pepper white
- ☐ 2 teaspoons hoisin sauce
- ☐ 1 teaspoons sauce
- ☐ 2 servings mandarin orange segents peeled

- ☐ 0.3 teaspoon mustard hot
- ☐ 225 grams napa cabbage (- 2-3 large leaves)
- ☐ 2 tablespoons orange juice
- ☐ 1 tablespoon rice vinegar
- ☐ 2 servings spring onion finely chopped
- ☐ 1 tablespoon sesame seed toasted
- ☐ 0.3 cup slivered almonds
- ☐ 1 small carrots shredded peeled
- ☐ 1 tablespoon vegetable oil
- ☐ 2 servings wonton wrappers
- ☐ 0.5 teaspoons frangelico
- ☐ 2 servings frangelico chopped
- ☐ 0.5 teaspoons frangelico
- ☐ 2 servings frangelico chopped

Equipment

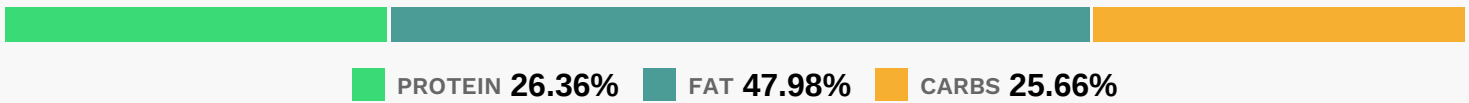
- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ salad spinner
- ☐ pastry brush

Directions

- ☐ In a bowl, toss the Napa cabbage, carrots, cilantro and scallions together to combine and then cover with cold water.
- ☐ Let the vegetables crisp while you prepare the rest of the salad.

- ☐ Place the almond slivers on a small baking sheet and toast at 350 degrees F (180 C) until golden brown. They'll go from just right to burnt in a matter of seconds, so keep a close watch on their progress.
- ☐ Transfer the almonds to a small bowl.
- ☐ Lay the wonton wrappers on a flat surface and use a pastry brush to generously brush one surface with olive oil. Use a sharp knife to slice them into 1/4-inch strips and give each strip a twirl before placing them on the baking sheet and baking until the wontons are golden brown and crunchy. In a medium pot with a lid, bring 8 cups of water and 2 tablespoons of salt to a rolling boil.
- ☐ Add the chicken tenders to the pot, cover with the lid and then turn off the heat. Poach until the chicken reads an internal temperature of 160 degrees F (about 10 minutes). The time it takes to cook will vary depending on the size of the chicken. While the chicken is cooking, prepare a bowl of ice water. When the chicken is done, drain it and add the chicken to the ice water to stop the cooking. When the chicken is cool enough to handle, shred it and set it aside. In a small bowl, whisk together the orange juice, vegetable oil, rice vinegar, hoisin sauce, soy sauce, sesame oil, ginger juice, salt, mustard and white pepper until emulsified.
- ☐ Drain the salad greens and run them through a salad spinner, patting any remaining water off with paper towels.
- ☐ Add the greens to a dry bowl. Toss the salad with the sesame seeds and 2/3rds of the dressing and then place it in a serving bowl or platter. Top with the almonds, chicken, baked wonton wrappers and pour the remaining dressing on top. The salad needs to be served as soon as it's dressed.

Nutrition Facts



Properties

Glycemic Index:165.92, Glycemic Load:8.11, Inflammation Score:-10, Nutrition Score:37.400869576827%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 10.69mg, Hesperetin: 10.69mg, Hesperetin: 10.69mg, Hesperetin: 10.69mg Naringenin: 11.36mg, Naringenin: 11.36mg, Naringenin: 11.36mg, Naringenin: 11.36mg

Naringenin: 11.36mg, Naringenin: 11.36mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg
Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.48mg, Isorhamnetin:
0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol:
0.32mg, Kaempferol: 0.32mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg
Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 464.75kcal (23.24%), Fat: 25.55g (39.31%), Saturated Fat: 3.2g (19.99%), Carbohydrates: 30.73g (10.24%),
Net Carbohydrates: 23.62g (8.59%), Sugar: 18.37g (20.41%), Cholesterol: 72.78mg (24.26%), Sodium: 270.61mg
(11.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.59g (63.17%), Vitamin A: 5405.74IU (108.11%),
Vitamin C: 71.99mg (87.26%), Vitamin K: 79.39µg (75.61%), Vitamin B3: 13.97mg (69.85%), Vitamin B6: 1.3mg (65%),
Selenium: 39.87µg (56.96%), Vitamin E: 6.6mg (43.99%), Manganese: 0.86mg (42.98%), Phosphorus: 421.71mg
(42.17%), Folate: 138.18µg (34.54%), Potassium: 1156.27mg (33.04%), Magnesium: 127.55mg (31.89%), Fiber: 7.11g
(28.45%), Vitamin B2: 0.46mg (27.14%), Copper: 0.5mg (24.9%), Calcium: 237.46mg (23.75%), Vitamin B5: 2.17mg
(21.66%), Vitamin B1: 0.29mg (19.4%), Iron: 2.5mg (13.87%), Zinc: 1.98mg (13.22%), Vitamin B12: 0.23µg (3.78%)