



Chinese Chicken Salad

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



448 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 teaspoon pepper black
- 0.5 cup brown sugar packed
- 2 cups chicken breast cubed
- 0.3 cup cilantro leaves fresh chopped
- 1 tablespoon ginger fresh minced peeled
- 4 spring onion thinly sliced
- 1 head napa cabbage very thin cut into slivers
- 0.3 cup peanuts chopped

- 2 japanese ramen noodles (reserved from ramen noodle packages used in salad)
- 9 ounce japanese ramen noodles
- 0.5 cup vinegar white
- 0.5 cup sesame oil
- 1 tablespoon sesame oil
- 2 tablespoons sesame seed dry toasted

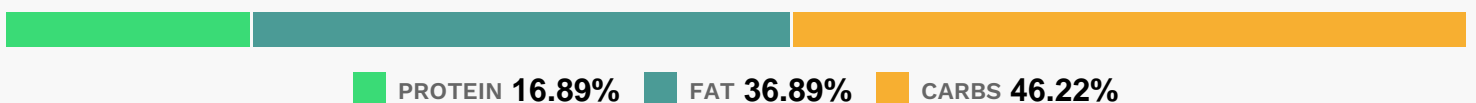
Equipment

- bowl
- frying pan
- whisk
- plastic wrap
- measuring cup

Directions

- In a 2-cup measuring cup, whisk together first 6 marinade ingredients. In a medium-size bowl, toss chicken with 1/4 cup marinade and marinate for 1 hour.
- Heat sesame oil in a medium-size skillet over medium-high heat.
- Add chicken and cook, without stirring, until nicely browned on one side, 3 to 5 minutes. Stir and cook until chicken is no longer pink in the center, 5 to 8 more minutes. (If you're short on time, cook chicken immediately after tossing it with marinade.)
- Transfer cooked chicken to a large bowl, and add remaining salad ingredients; toss to combine.
- Pour remaining marinade over salad and toss until everything is well coated. Cover with plastic wrap and refrigerate several hours, or overnight, to let the flavors develop.

Nutrition Facts



Properties

Glycemic Index:56.04, Glycemic Load:13.63, Inflammation Score:-8, Nutrition Score:24.810869666545%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 448.12kcal (22.41%), Fat: 18.64g (28.67%), Saturated Fat: 5.09g (31.81%), Carbohydrates: 52.53g (17.51%), Net Carbohydrates: 48.56g (17.66%), Sugar: 20.8g (23.11%), Cholesterol: 32mg (10.67%), Sodium: 953.04mg (41.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.19g (38.38%), Vitamin K: 86.61µg (82.48%), Vitamin C: 42.97mg (52.09%), Folate: 191.99µg (48%), Vitamin B3: 8.74mg (43.68%), Vitamin B6: 0.82mg (40.89%), Vitamin B1: 0.6mg (40.03%), Manganese: 0.8mg (39.86%), Selenium: 22.94µg (32.77%), Phosphorus: 245.4mg (24.54%), Potassium: 733.87mg (20.97%), Calcium: 186.5mg (18.65%), Iron: 3.28mg (18.25%), Magnesium: 67.58mg (16.89%), Copper: 0.33mg (16.43%), Fiber: 3.97g (15.88%), Vitamin B2: 0.26mg (15.23%), Vitamin A: 623.04IU (12.46%), Vitamin B5: 1.14mg (11.36%), Zinc: 1.38mg (9.22%), Vitamin E: 1.08mg (7.19%), Vitamin B12: 0.21µg (3.45%)