



Chinese Chicken Salad III

 Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



317 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 teaspoons brown sugar
- 2 cups carrots shredded
- 0.8 teaspoon chile paste hot
- 0.3 cup cilantro leaves fresh chopped
- 1 teaspoon ginger fresh grated
- 1 bunch green onions chopped
- 3 tablespoons hoisin sauce
- 2 tablespoons peanut butter

- 3 tablespoons rice wine vinegar
- 4 cups romaine lettuce – torn washed and dried
- 1 tablespoon sesame oil
- 1 pound chicken breast halves boneless skinless
- 48 5-inch wonton wrappers shredded

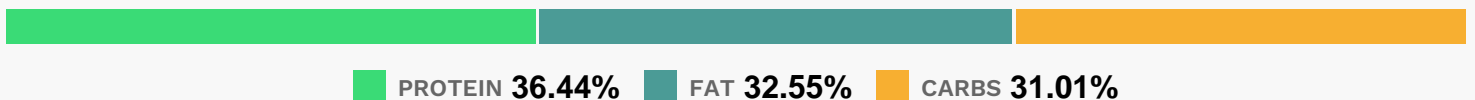
Equipment

- bowl
- frying pan
- oven
- whisk
- grill
- kitchen thermometer

Directions

- To prepare the dressing, whisk together the hoisin sauce, peanut butter, brown sugar, chili paste, ginger, vinegar, and sesame oil.
- Grill or broil the chicken breasts until cooked, about 10 minutes. An instant-read thermometer inserted into the center should read 165 degrees F (74 degrees C). Cool and slice.
- Preheat oven to 350 degrees F (175 C). Spray a large shallow pan with nonstick vegetable spray; arrange shredded wontons in a single layer and bake until golden brown, about 20 minutes. Cool.
- In a large bowl, combine the chicken, wontons, lettuce, carrots, green onions and cilantro. Toss with dressing and serve.

Nutrition Facts



Properties

Glycemic Index:47.46, Glycemic Load:2.34, Inflammation Score:-10, Nutrition Score:25.947391219761%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg

Nutrients (% of daily need)

Calories: 316.81kcal (15.84%), Fat: 11.43g (17.58%), Saturated Fat: 2.09g (13.06%), Carbohydrates: 24.5g (8.17%), Net Carbohydrates: 20.59g (7.49%), Sugar: 9.89g (10.99%), Cholesterol: 74.01mg (24.67%), Sodium: 479.29mg (20.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.79g (57.57%), Vitamin A: 14951.13IU (299.02%), Vitamin B3: 14.52mg (72.61%), Vitamin K: 72.94µg (69.47%), Selenium: 40.61µg (58.01%), Vitamin B6: 1.03mg (51.36%), Phosphorus: 319.95mg (32%), Folate: 105.2µg (26.3%), Potassium: 839.92mg (24%), Manganese: 0.43mg (21.43%), Vitamin B5: 1.97mg (19.67%), Vitamin B2: 0.28mg (16.23%), Magnesium: 64.63mg (16.16%), Fiber: 3.91g (15.65%), Vitamin B1: 0.23mg (15.16%), Vitamin E: 1.57mg (10.48%), Vitamin C: 8.64mg (10.47%), Iron: 1.87mg (10.36%), Zinc: 1.28mg (8.53%), Copper: 0.16mg (7.99%), Calcium: 63.34mg (6.33%), Vitamin B12: 0.23µg (3.82%)