



 **45%**
HEALTH SCORE

Chinese Chicken Salad With Chipotle Dressing

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



804 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 servings pea-mond dressing
- 0.3 cup rice vinegar
- 1 tablespoon creamy peanut butter
- 1 tablespoon smooth almond butter
- 1 tablespoon smooth almond butter
- 1 tablespoon ginger fresh chopped
- 2 teaspoons chipotle sauce
- 1 teaspoon chipotle sauce

- 1 tablespoon soya sauce
- 2 tablespoons honey
- 2 teaspoons sesame oil toasted
- 0.5 cup canola oil
- 4 servings salt and pepper freshly ground
- 4 servings the salad
- 0.5 head napa cabbage shredded
- 0.5 head the of 1 cos lettuce shredded
- 2 carrots shredded
- 0.3 pound snow peas julienned
- 0.3 cup cilantro leaves fresh coarsely chopped
- 0.3 cup spring onion thinly sliced
- 2 cups rotisserie chicken cut shredded
- 0.5 cup roasted peanuts chopped
- 0.3 cup mint leaves fresh chopped
- 4 servings chili oil
- 1 halves lime for garnish

Equipment

- bowl
- whisk

Directions

- Whisk together the vinegar, peanut & almond butters, ginger, chipotle pepper puree, soy sauce, honey, sesame oil, and canola oil in a medium bowl. Season with salt and pepper, to taste.
- Combine cabbage, lettuce, carrots, snow peas, cilantro, and green onion in a large bowl.
- Add the dressing and toss to combine.
- Transfer to a serving platter and top with the shredded chicken, chopped peanuts, and mint.

Drizzle with chili oil, if desired.

Garnish with lime halves.

Nutrition Facts



Properties

Glycemic Index:90.53, Glycemic Load:11.52, Inflammation Score:-10, Nutrition Score:39.073913043478%

Flavonoids

Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg

Taste

Sweetness: 34.66%, Saltiness: 73.1%, Sourness: 10.4%, Bitterness: 17.87%, Savoriness: 48.32%, Fattiness: 100%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 804.47kcal (40.22%), Fat: 47.99g (73.83%), Saturated Fat: 7.6g (47.49%), Carbohydrates: 48.76g (16.25%), Net Carbohydrates: 34.38g (12.5%), Sugar: 19.15g (21.28%), Cholesterol: 113.56mg (37.85%), Sodium: 1011.55mg (43.98%), Protein: 51.91g (103.81%), Vitamin A: 13293.59IU (265.87%), Vitamin K: 169.79µg (161.7%), Folate: 446.41µg (111.6%), Manganese: 1.67mg (83.28%), Vitamin C: 64.49mg (78.17%), Fiber: 14.39g (57.54%), Vitamin E: 6.18mg (41.19%), Magnesium: 152.47mg (38.12%), Phosphorus: 368.78mg (36.88%), Potassium: 1208.71mg (34.53%), Vitamin B6: 0.62mg (31.02%), Copper: 0.61mg (30.43%), Iron: 5.47mg (30.36%), Vitamin B1: 0.43mg (28.4%), Vitamin B3: 5.62mg (28.08%), Calcium: 223.63mg (22.36%), Vitamin B2: 0.34mg (20.01%), Zinc: 2.62mg (17.49%), Vitamin B5: 1.3mg (12.97%), Selenium: 5.51µg (7.87%)