



Crunchy Asian Chicken Salad



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



3

CALORIES



332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup apples diced such as gala or golden delicious (1/2 apple)
- ☐ 6 water chestnuts canned rinsed peeled chopped
- ☐ 1 carrots shredded peeled
- ☐ 1 small rib celery diced finely
- ☐ 1.5 cups chicken meat diced cooked finely (6 ounces,)
- ☐ 1 tablespoon chives fresh minced
- ☐ 2 tablespoons mayonnaise
- ☐ 1 tablespoon seasoned rice vinegar

- ☐ 1 tablespoon sesame tahini
- ☐ 1 teaspoon sesame oil hot
- ☐ 0.3 cup roasted soy nuts unsalted coarsely chopped
- ☐ 0.8 tablespoon soya sauce

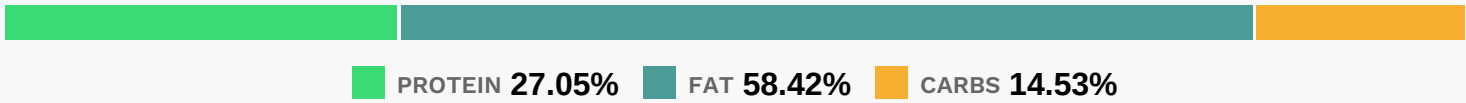
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine the chicken, water chestnuts, carrot, celery and apple in a bowl and stir to mix.
- ☐ Whisk together the peanut butter, vinegar and soy sauce until smooth.
- ☐ Whisk in the mayonnaise and chives, if using, spoon the dressing over the salad, and mix well.
- ☐ Sprinkle with soy nuts just before serving.
- ☐ Nutrition Data
- ☐ See Nutrition Data's complete analysis of this recipe ›
- ☐ Real Food For Healthy Kids reprinted with permission of William Morrow/An Imprint of Harper
- ☐ Collins Publishers

Nutrition Facts



Properties

Glycemic Index:94.94, Glycemic Load:1.61, Inflammation Score:-9, Nutrition Score:15.101304401198%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg

0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 331.85kcal (16.59%), Fat: 21.84g (33.6%), Saturated Fat: 4.05g (25.28%), Carbohydrates: 12.23g (4.08%), Net Carbohydrates: 9.15g (3.33%), Sugar: 5.09g (5.66%), Cholesterol: 56.42mg (18.81%), Sodium: 403.43mg (17.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.75g (45.5%), Vitamin A: 3487.93IU (69.76%), Vitamin B3: 8.48mg (42.39%), Selenium: 19.07µg (27.24%), Vitamin B6: 0.46mg (22.88%), Phosphorus: 219.84mg (21.98%), Manganese: 0.44mg (21.87%), Vitamin K: 20.83µg (19.84%), Magnesium: 52.62mg (13.15%), Fiber: 3.08g (12.31%), Zinc: 1.73mg (11.56%), Potassium: 401.49mg (11.47%), Vitamin E: 1.72mg (11.45%), Vitamin B5: 1.05mg (10.49%), Vitamin B2: 0.17mg (10.04%), Iron: 1.59mg (8.85%), Copper: 0.17mg (8.28%), Folate: 28.35µg (7.09%), Vitamin B1: 0.09mg (6.24%), Vitamin C: 3.09mg (3.74%), Vitamin B12: 0.21µg (3.57%), Calcium: 30.07mg (3.01%)