



Crunchy Chicken Salad

 Dairy Free

READY IN



22 min.

SERVINGS



6

CALORIES



350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons butter
- 3 ounces japanese ramen noodles
- 2 tablespoons sesame seed
- 0.3 cup sugar
- 0.3 cup vinegar white
- 1 tablespoon vegetable oil
- 0.5 teaspoon pepper
- 2 cups roasted chicken cooked

- 0.5 cup roasted peanuts
- 0.3 cup spring onion sliced
- 16 ounces coleslaw mix

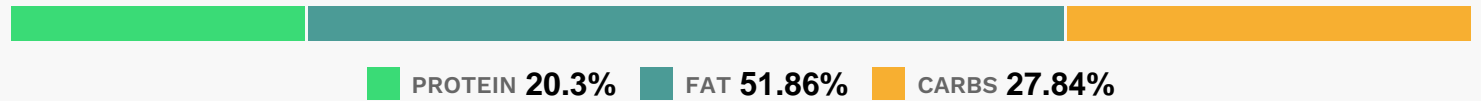
Equipment

- bowl
- frying pan

Directions

- Melt butter in 10-inch skillet over medium heat. Stir in seasoning packet from noodles. Break block of noodles into bite-size pieces over skillet; stir noodles into butter mixture. Cook 2 minutes, stirring constantly; stir in sesame seed. Cook about 2 minutes longer, stirring constantly, until noodles are golden brown.
- Mix sugar, vinegar, oil and pepper in large bowl.
- Add remaining ingredients and noodle mixture; toss.

Nutrition Facts



Properties

Glycemic Index:51.68, Glycemic Load:11.18, Inflammation Score:-6, Nutrition Score:16.335652164791%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 350.47kcal (17.52%), Fat: 20.62g (31.72%), Saturated Fat: 4.56g (28.53%), Carbohydrates: 24.9g (8.3%), Net Carbohydrates: 21.14g (7.69%), Sugar: 11.07g (12.3%), Cholesterol: 35mg (11.67%), Sodium: 457.19mg (19.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.16g (36.32%), Vitamin K: 71.33µg (67.93%), Vitamin C: 28.51mg (34.56%), Vitamin B3: 6.4mg (31.98%), Manganese: 0.59mg (29.32%), Selenium: 15.09µg (21.56%), Phosphorus: 193.82mg (19.38%), Vitamin B1: 0.28mg (18.92%), Folate: 71.54µg (17.88%), Vitamin B6: 0.35mg (17.66%), Fiber: 3.76g (15.06%), Magnesium: 53.37mg (13.34%), Copper: 0.26mg (13.09%), Iron: 2.24mg (12.44%),

Potassium: 384.68mg (10.99%), Zinc: 1.44mg (9.57%), Vitamin B2: 0.16mg (9.43%), Calcium: 84.68mg (8.47%),
Vitamin B5: 0.83mg (8.35%), Vitamin A: 388IU (7.76%), Vitamin E: 0.76mg (5.07%), Vitamin B12: 0.18µg (2.96%)