



Crunchy Corn with Kale and Chicken Slaw

 Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



201 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons juice of lime fresh
- ☐ 1 teaspoon ground cumin
- ☐ 2 teaspoons honey
- ☐ 0.3 teaspoon hot sauce red
- ☐ 10 oz regular corn frozen
- ☐ 2 cups purple gel food coloring (from 16-oz bag)
- ☐ 2 cups kale finely sliced
- ☐ 2 cups chicken breast strips/pre-cooked/chopped cubed cooked

- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 3 oz japanese ramen noodles
- ☐ 6 cabbage leaves

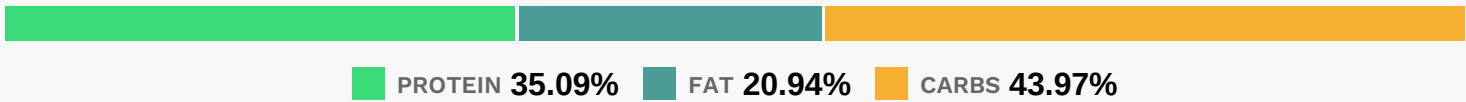
Equipment

- ☐ bowl

Directions

- ☐ In large bowl, place Dressing ingredients; mix well.
- ☐ Cook corn as directed on box; pour into bowl with dressing mixture. Stir to coat. Cool 5 minutes.
- ☐ Add coleslaw blend, kale, chicken and cilantro; toss to coat.
- ☐ Discard seasoning packet from soup mix; coarsely crush noodles.
- ☐ Add noodles to salad; stir gently to mix. Spoon into cabbage leaves.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:42.63, Glycemic Load:10.14, Inflammation Score:-7, Nutrition Score:13.280434880568%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg Kaempferol: 3.3mg, Kaempferol: 3.3mg, Kaempferol: 3.3mg, Kaempferol: 3.3mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg

Nutrients (% of daily need)

Calories: 201.37kcal (10.07%), Fat: 4.83g (7.43%), Saturated Fat: 1.67g (10.41%), Carbohydrates: 22.83g (7.61%), Net Carbohydrates: 20.67g (7.52%), Sugar: 4.87g (5.41%), Cholesterol: 39.67mg (13.22%), Sodium: 335.13mg (14.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.22g (36.43%), Vitamin B3: 8mg (40%), Vitamin K: 41.14µg

(39.18%), Vitamin C: 19.21mg (23.28%), Vitamin B6: 0.44mg (21.93%), Selenium: 14.67µg (20.95%), Vitamin A: 945.86IU (18.92%), Phosphorus: 174.54mg (17.45%), Vitamin B1: 0.25mg (16.38%), Folate: 56.18µg (14.04%), Manganese: 0.27mg (13.64%), Potassium: 356.07mg (10.17%), Iron: 1.71mg (9.48%), Vitamin B2: 0.16mg (9.34%), Magnesium: 36.96mg (9.24%), Vitamin B5: 0.91mg (9.12%), Fiber: 2.16g (8.64%), Zinc: 1mg (6.67%), Calcium: 56.31mg (5.63%), Copper: 0.09mg (4.54%), Vitamin E: 0.5mg (3.3%), Vitamin B12: 0.19µg (3.24%)