



Easy Chinese Chicken Salad with Chow Mein Noodles

 Dairy Free  Popular

READY IN



30 min.

SERVINGS



4

CALORIES



670 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound chicken breast boneless skinless sliced into short strips
- ☐ 4 servings salt
- ☐ 1 tablespoon sesame oil dark
- ☐ 1 tablespoon vegetable oil; peanut oil preferred
- ☐ 0.5 teaspoon pepper flakes red
- ☐ 1 head napa cabbage thinly sliced
- ☐ 0.5 bell pepper sweet thinly sliced

- ☐ 3 scallions sliced
- ☐ 1 carrots julienned
- ☐ 0.5 cup cilantro leaves loosely packed chopped
- ☐ 0.5 cup roasted peanuts
- ☐ 4 servings chow mein noodles to taste
- ☐ 1 tablespoon soya sauce gluten-free for option (use soy sauce)
- ☐ 2 tablespoons unseasoned rice vinegar
- ☐ 1 teaspoon ground mustard
- ☐ 1 teaspoon ginger fresh grated
- ☐ 1 clove garlic minced
- ☐ 0.5 teaspoon chili pepper flakes
- ☐ 2 teaspoons sugar
- ☐ 0.3 cup canola oil

Equipment

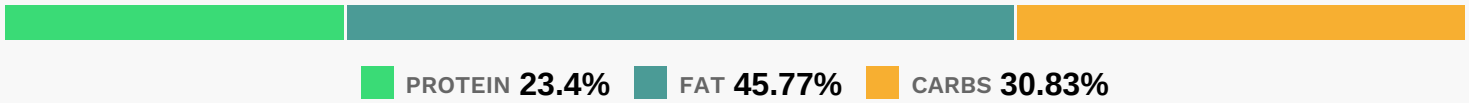
- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Sauté the chicken:
- ☐ Heat both oils over high heat in a large sauté pan for 1 minute, then add the red pepper flakes and cook for 30 seconds.
- ☐ Pat dry the chicken strips, sprinkle them with a little salt, and add them to the pan. Stir-fry the chicken over high heat until cooked through, 3–6 minutes depending on how hot your burner gets.
- ☐ Remove and set aside to cool.
- ☐ Make dressing: In a small bowl, whisk together the dressing ingredients. Adjust seasonings to taste.

Toss salad to serve: In a large bowl, toss the chicken and salad ingredients together. Just before serving, toss with dressing and top with the chow mein noodles.

Nutrition Facts



Properties

Glycemic Index:99.98, Glycemic Load:3.11, Inflammation Score:-10, Nutrition Score:28.939565389053%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg

Nutrients (% of daily need)

Calories: 669.76kcal (33.49%), Fat: 34.42g (52.96%), Saturated Fat: 4.2g (26.25%), Carbohydrates: 52.18g (17.39%), Net Carbohydrates: 44.69g (16.25%), Sugar: 7.41g (8.23%), Cholesterol: 72.57mg (24.19%), Sodium: 1037.27mg (45.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.6g (79.21%), Vitamin A: 4028.85IU (80.58%), Vitamin B3: 15.33mg (76.65%), Vitamin K: 71.15µg (67.76%), Selenium: 39.19µg (55.98%), Vitamin B6: 1.05mg (52.75%), Manganese: 0.74mg (36.77%), Phosphorus: 361.85mg (36.19%), Vitamin C: 28.5mg (34.55%), Fiber: 7.49g (29.97%), Vitamin E: 4.07mg (27.12%), Potassium: 892.08mg (25.49%), Folate: 85.26µg (21.31%), Vitamin B5: 2.13mg (21.29%), Iron: 3.69mg (20.49%), Magnesium: 80.16mg (20.04%), Vitamin B1: 0.22mg (14.63%), Vitamin B2: 0.21mg (12.17%), Copper: 0.22mg (11.15%), Zinc: 1.42mg (9.45%), Calcium: 67.27mg (6.73%), Vitamin B12: 0.23µg (3.78%)