



Fiber One® Cereal-Topped Asian Chicken Salad

READY IN



20 min.

SERVINGS



6

CALORIES



370 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 1 cup corn flakes/bran flakes
- 16 oz coleslaw mix
- 0.5 cup roasted peanuts
- 1 teaspoon garlic powder
- 2 medium spring onion sliced
- 1 teaspoon ground ginger
- 0.5 teaspoon pepper black

- 1 tablespoon olive oil
- 1 teaspoon onion powder
- 2 cups rotisserie chicken cut shredded
- 0.5 teaspoon salt
- 0.3 cup sugar
- 2 tablespoons sunflower seeds salted
- 0.3 cup vinegar white

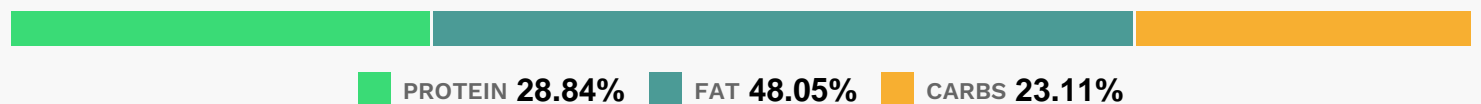
Equipment

- bowl
- frying pan
- paper towels

Directions

- In small bowl, mix Asian Seasoning Blend ingredients.
- In 10-inch skillet, melt butter over medium heat. Stir in cereal and half of the Asian Seasoning Blend. Cook 5 minutes, stirring frequently; stir in sunflower nuts. Cook 3 to 5 minutes longer, stirring constantly, until cereal is crisp. Cool on paper towels.
- In large bowl, mix sugar, vinegar and oil. Stir in remaining Asian Seasoning Blend.
- Add chicken, peanuts, green onions and coleslaw mix; toss. Top with cereal mixture just before serving.

Nutrition Facts



Properties

Glycemic Index:62.56, Glycemic Load:10.1, Inflammation Score:-6, Nutrition Score:15.759565322295%

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: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg

Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 369.79kcal (18.49%), Fat: 20.52g (31.57%), Saturated Fat: 5.57g (34.79%), Carbohydrates: 22.2g (7.4%), Net Carbohydrates: 17.41g (6.33%), Sugar: 12.25g (13.61%), Cholesterol: 85.74mg (28.58%), Sodium: 601.85mg (26.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.71g (55.42%), Vitamin K: 69.92µg (66.59%), Manganese: 0.87mg (43.33%), Vitamin C: 28.74mg (34.84%), Folate: 103.73µg (25.93%), Fiber: 4.79g (19.18%), Vitamin B3: 3.45mg (17.26%), Iron: 2.89mg (16.08%), Vitamin B1: 0.23mg (15.18%), Vitamin B6: 0.3mg (14.97%), Magnesium: 58.58mg (14.64%), Phosphorus: 126.04mg (12.6%), Vitamin E: 1.81mg (12.1%), Copper: 0.2mg (10.1%), Selenium: 6.95µg (9.93%), Vitamin B2: 0.15mg (9.1%), Potassium: 311.19mg (8.89%), Vitamin A: 409.9IU (8.2%), Zinc: 0.95mg (6.32%), Vitamin B12: 0.34µg (5.69%), Calcium: 56.32mg (5.63%), Vitamin B5: 0.44mg (4.44%), Vitamin D: 0.22µg (1.47%)