



HEALTH SCORE

100%

## Firecracker Chik'n Salad

 Dairy Free  Very Healthy

READY IN



15 min.

SERVINGS



2

CALORIES



398 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 0.5 cup mandarin orange segments canned drained
- 3 Tbsp lite catalina dressing kraft
- 2 Tbsp chow mein noodles
- 2 green onions sliced
- 6 cups torn leaf lettuce
- 0.3 cup purple cabbage shredded
- 2 tsp sesame seed toasted
- 1 Tbsp teriyaki sauce

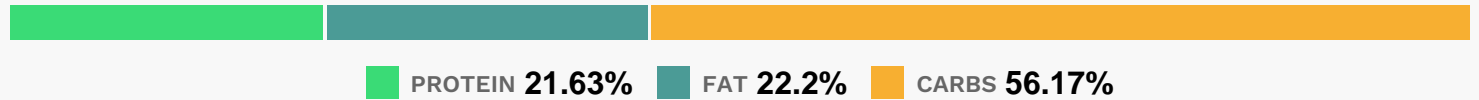
2 boca spicy chickpea veggie patties frozen

## Equipment

## Directions

- Cook patties as directed on package; cut into strips.
- Mix dressing, teriyaki sauce and sesame seed.
- Place lettuce on 2 plates; top with remaining ingredients.
- Drizzle with dressing mixture.

## Nutrition Facts



## Properties

Glycemic Index:65.5, Glycemic Load:2.56, Inflammation Score:-10, Nutrition Score:44.841304644294%

## Flavonoids

Cyanidin: 23.34mg, Cyanidin: 23.34mg, Cyanidin: 23.34mg, Cyanidin: 23.34mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

## Nutrients (% of daily need)

Calories: 398.42kcal (19.92%), Fat: 9.95g (15.31%), Saturated Fat: 1.85g (11.57%), Carbohydrates: 56.67g (18.89%), Net Carbohydrates: 43.99g (16%), Sugar: 20.35g (22.61%), Cholesterol: 3.5mg (1.17%), Sodium: 1338.02mg (58.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.82g (43.64%), Vitamin A: 53426.02IU (1068.52%), Vitamin C: 155.52mg (188.51%), Vitamin B1: 2.64mg (175.91%), Manganese: 2.89mg (144.52%), Folate: 371.22µg (92.8%), Vitamin B2: 0.92mg (54.34%), Iron: 9.39mg (52.15%), Fiber: 12.68g (50.71%), Potassium: 1764.07mg (50.4%), Vitamin B6: 1mg (49.88%), Calcium: 391.78mg (39.18%), Phosphorus: 389.45mg (38.94%), Magnesium: 153.36mg (38.34%), Vitamin K: 32.03µg (30.5%), Selenium: 21.19µg (30.28%), Vitamin B3: 5.99mg (29.94%), Vitamin B12: 1.41µg (23.45%), Zinc: 2.79mg (18.58%), Vitamin E: 2.44mg (16.3%), Copper: 0.26mg (13.09%), Vitamin B5: 0.25mg (2.47%)