



Five-Spice Chicken Noodle Salad

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



431 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 teaspoons five spice powder chinese
- 1 cup carrots shredded
- 0.5 cup cilantro leaves
- 0.5 cup mint leaves fresh
- 4 servings lime
- 0.3 cup peanuts crushed
- 6 oz vermicelli
- 2 tablespoons soya sauce

Glycemic Index:68.29, Glycemic Load:22.21, Inflammation Score:-10, Nutrition Score:23.619565569836%

Flavonoids

Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg Hesperetin: 3.58mg, Hesperetin: 3.58mg, Hesperetin: 3.58mg, Hesperetin: 3.58mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 431.34kcal (21.57%), Fat: 14.98g (23.04%), Saturated Fat: 2.48g (15.49%), Carbohydrates: 44.05g (14.68%), Net Carbohydrates: 40.54g (14.74%), Sugar: 2.8g (3.12%), Cholesterol: 72.32mg (24.11%), Sodium: 738.44mg (32.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.74g (59.47%), Vitamin A: 5763.45IU (115.27%), Vitamin B3: 14.2mg (70.98%), Selenium: 43.49µg (62.13%), Vitamin B6: 0.97mg (48.65%), Phosphorus: 375.79mg (37.58%), Manganese: 0.68mg (34.08%), Vitamin K: 23.2µg (22.09%), Potassium: 698.63mg (19.96%), Vitamin B5: 1.98mg (19.76%), Magnesium: 67.92mg (16.98%), Fiber: 3.51g (14.04%), Iron: 2.49mg (13.82%), Vitamin B1: 0.19mg (12.56%), Vitamin B2: 0.19mg (11.2%), Folate: 43.81µg (10.95%), Copper: 0.22mg (10.91%), Zinc: 1.47mg (9.77%), Vitamin C: 8.03mg (9.73%), Vitamin E: 1.05mg (6.98%), Calcium: 65.59mg (6.56%), Vitamin B12: 0.23µg (3.77%)