



General's Chinese Chicken Salad

 Dairy Free

READY IN



33 min.

SERVINGS



4

CALORIES



342 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup carrots shredded (2 medium)
- 2 cups chicken breast shredded cooked
- 1 tablespoon sesame oil dark
- 1 tablespoon ginger fresh minced peeled
- 3 tablespoons green onions minced
- 1 tablespoon hoisin sauce
- 2 teaspoons honey
- 6 cups iceberg lettuce shredded

- 0.3 cup soya sauce low-sodium
- 3 ounce japanese ramen noodles
- 0.3 cup red wine vinegar
- 0.3 cup slivered almonds toasted

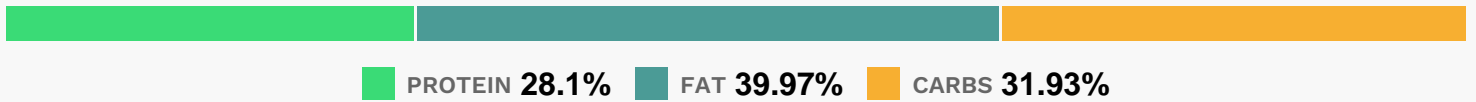
Equipment

- bowl
- whisk

Directions

- Combine first 7 ingredients in a small bowl; stir well with a whisk.
- Discard seasoning packet from noodles. Break uncooked noodles into small pieces.
- Place 1 1/2 cups lettuce on each of 4 serving plates; top each with 1/2 cup chicken and 1/4 cup shredded carrot. Divide ramen noodles evenly over each salad; top each with 1 tablespoon almonds. Spoon 2 1/2 tablespoons dressing evenly over each salad just before serving.

Nutrition Facts



Properties

Glycemic Index:58.78, Glycemic Load:9.41, Inflammation Score:-10, Nutrition Score:20.718260785808%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

Nutrients (% of daily need)

Calories: 342.07kcal (17.1%), Fat: 15.27g (23.49%), Saturated Fat: 3.69g (23.06%), Carbohydrates: 27.44g (9.15%), Net Carbohydrates: 23.53g (8.56%), Sugar: 8.45g (9.39%), Cholesterol: 52.62mg (17.54%), Sodium: 1159.18mg (50.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.14g (48.28%), Vitamin A: 5964.5IU (119.29%), Vitamin K: 41.28µg (39.31%), Vitamin B3: 7.35mg (36.73%), Selenium: 19.98µg (28.55%), Manganese: 0.55mg (27.62%), Phosphorus: 256.54mg (25.65%), Vitamin B1: 0.35mg (23.39%), Vitamin B6: 0.44mg (21.93%), Folate: 78.97µg (19.74%), Vitamin B2: 0.33mg (19.58%), Vitamin E: 2.61mg (17.4%), Potassium: 590.7mg (16.88%), Iron: 2.9mg (16.13%), Magnesium: 63.49mg (15.87%), Fiber: 3.91g (15.63%), Zinc: 1.87mg (12.46%), Copper: 0.21mg (10.56%), Vitamin B5: 1.02mg (10.19%), Calcium: 73.41mg (7.34%), Vitamin C: 6.02mg (7.29%), Vitamin B12: 0.26µg (4.27%)