



WHATSheATE



Gluten-Free Chicken Salad with Plum Sauce



Gluten Free



Dairy Free

READY IN



42 min.

SERVINGS



4

CALORIES



199 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup plum sauce chinese
- ☐ 0.3 cup water
- ☐ 3 tablespoons apple cider vinegar
- ☐ 1 teaspoon cornstarch
- ☐ 0.5 teaspoon ground mustard
- ☐ 0.8 pound chicken breast boneless skinless cut into 1/4-inch slices
- ☐ 1 cup carrots shredded
- ☐ 3 tablespoons spring onion sliced

☐ 10 ounces the salad (8 cups)

Equipment

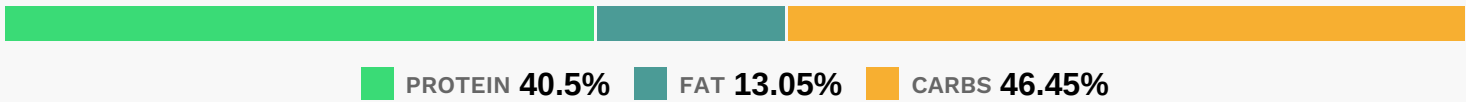
☐ frying pan

☐ wok

Directions

- ☐ Mix plum sauce, water, vinegar, cornstarch and mustard.
- ☐ Spray wok or 12-inch skillet with cooking spray; heat over high heat.
- ☐ Add chicken; stir-fry about 2 minutes or until no longer pink in center.
- ☐ Add carrot and onions; stir-fry 1 minute.
- ☐ Stir in plum sauce mixture.
- ☐ Heat to boiling, stirring constantly. Boil and stir 1 minute.
- ☐ Remove chicken mixture from wok. Refrigerate about 30 minutes until cool.
- ☐ Serve over salad mix.

Nutrition Facts



Properties

Glycemic Index:29.71, Glycemic Load:1.13, Inflammation Score:-10, Nutrition Score:17.717391234377%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 198.54kcal (9.93%), Fat: 2.83g (4.35%), Saturated Fat: 0.56g (3.53%), Carbohydrates: 22.63g (7.54%), Net Carbohydrates: 21.32g (7.75%), Sugar: 1.68g (1.87%), Cholesterol: 54.43mg (18.14%), Sodium: 346.38mg (15.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.73g (39.45%), Vitamin A: 6237.9IU (124.76%), Vitamin B3: 10mg (49.98%), Selenium: 28.26µg (40.37%), Vitamin B6: 0.77mg (38.57%), Vitamin C: 20.41mg (24.73%), Phosphorus: 230.53mg (23.05%), Potassium: 660.22mg (18.86%), Vitamin B5: 1.41mg (14.12%), Vitamin K: 13.72µg

(13.07%), Manganese: 0.25mg (12.39%), Folate: 41.28µg (10.32%), Vitamin B2: 0.18mg (10.31%), Magnesium: 40.87mg (10.22%), Iron: 1.52mg (8.43%), Vitamin B1: 0.11mg (7.21%), Copper: 0.11mg (5.57%), Zinc: 0.83mg (5.54%), Fiber: 1.31g (5.26%), Calcium: 33.75mg (3.37%), Vitamin B12: 0.17µg (2.83%), Vitamin E: 0.41mg (2.73%)