



# Gluten Free Dairy Free Sugar Free Chinese Chicken Salad

 Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



364 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 5 ml apple cider vinegar organic
- 1 teaspoon pepper black crushed
- 1.5 tablespoons sesame seeds black
- 3 carrots
- 0.3 C olive oil extra virgin for frying
- 0.5 cabbage green
- 0.5 teaspoon kosher salt

- 6 mandarin orange segments fresh
- 0.5 cabbage red
- 3 chicken breast strips/pre-cooked/chopped shredded bone in organic (, preferably )
- 2 bunches the of 1 cos lettuce
- 6 spring onion
- 3 tablespoons sesame oil
- 1 juice of 1 mandarin (cut crosswise then tablespoon into jar over a strainer) (cut crosswise then tablespoon into jar over a strainer)
- 3 tablespoons sesame seed white
- 1.5 tablespoons powdered xylitol (I use Epic Dental brand)

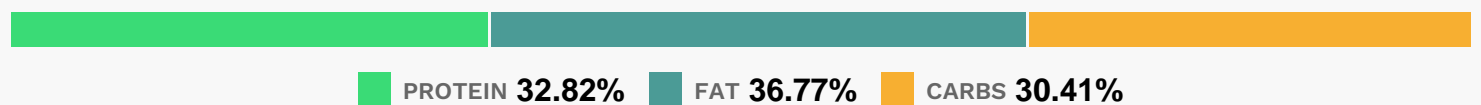
## Equipment

- food processor
- whisk
- mixing bowl

## Directions

- For the salad:Finely slice the red, and green cabbage.
- Remove ends and finely slice romaine lettuce.Trim ends of scallions (white and green side) and finely slice.Peel and grate carrots, or put into a mini food processor to finely chop.Peel clementines then remove pith from slices.
- Add all the ingredients into a glass jar and shake until well blended, or whisk all the ingredients in a mixing bowl.
- Pour dressing over salad, toss to combine well.If making ahead, dress the salad just before serving.

## Nutrition Facts



## Properties

Glycemic Index:57.72, Glycemic Load:7.97, Inflammation Score:-10, Nutrition Score:31.806956521739%

## Flavonoids

Cyanidin: 146.71mg, Cyanidin: 146.71mg, Cyanidin: 146.71mg, Cyanidin: 146.71mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Hesperetin: 6.99mg, Hesperetin: 6.99mg, Hesperetin: 6.99mg, Hesperetin: 6.99mg Naringenin: 8.82mg, Naringenin: 8.82mg, Naringenin: 8.82mg, Naringenin: 8.82mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

## Taste

Sweetness: 27.31%, Saltiness: 100%, Sourness: 30.84%, Bitterness: 38.8%, Savoriness: 59.21%, Fattiness: 62.62%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 363.77kcal (18.19%), Fat: 15.42g (23.72%), Saturated Fat: 2.62g (16.38%), Carbohydrates: 28.7g (9.57%), Net Carbohydrates: 19.79g (7.2%), Sugar: 16.18g (17.98%), Cholesterol: 73.1mg (24.37%), Sodium: 317.98mg (13.83%), Protein: 30.96g (61.93%), Vitamin A: 6718.13IU (134.36%), Vitamin C: 95.11mg (115.29%), Vitamin K: 116.26µg (110.73%), Vitamin B3: 13.23mg (66.16%), Vitamin B6: 0.92mg (46.13%), Selenium: 26.66µg (38.08%), Phosphorus: 307.88mg (30.79%), Manganese: 0.6mg (29.8%), Fiber: 6.91g (27.64%), Potassium: 829.5mg (23.7%), Magnesium: 83.55mg (20.89%), Folate: 82.45µg (20.61%), Copper: 0.38mg (18.94%), Calcium: 186.18mg (18.62%), Vitamin B1: 0.28mg (18.46%), Iron: 3.13mg (17.4%), Vitamin B2: 0.25mg (14.77%), Vitamin B5: 1.38mg (13.84%), Zinc: 1.8mg (12.01%), Vitamin E: 1.24mg (8.28%), Vitamin B12: 0.29µg (4.87%)