



Indian Chicken Salad with Peanuts



Gluten Free



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



1

CALORIES



463 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 ounces baked chicken skinless chopped
- ☐ 1 teaspoon sesame oil dark
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 teaspoon ginger fresh grated peeled
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 1 teaspoon honey
- ☐ 2 tablespoons juice of lime
- ☐ 2 tablespoons peanuts chopped

- ☐ 0.1 teaspoon pepper
- ☐ 1 cup potatoes cut into 1/2-inch cubes
- ☐ 3 cups romaine lettuce chopped
- ☐ 0.1 teaspoon salt
- ☐ 2 tablespoons water

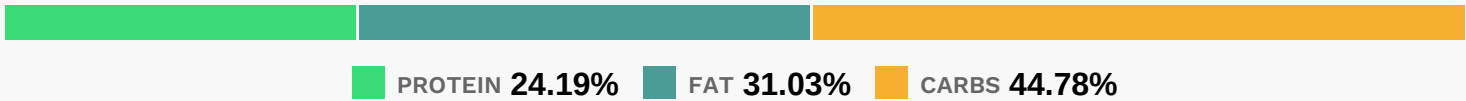
Equipment

- ☐ bowl
- ☐ whisk
- ☐ microwave

Directions

- ☐ Place potato in a microwave-safe dish. Spray potato with cooking spray, and sprinkle with salt and pepper.
- ☐ Add 2 tablespoons water; cover and microwave at HIGH 5 minutes or until tender.
- ☐ Combine lime juice, oil, honey, and ginger in a small bowl; stir well with a whisk.
- ☐ Combine potato, lettuce, chicken, peanuts, mint, and cilantro in a large bowl.
- ☐ Add dressing; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:229.27, Glycemic Load:30.12, Inflammation Score:-10, Nutrition Score:37.440869678622%

Flavonoids

Eriodictyol: 2.2mg, Eriodictyol: 2.2mg, Eriodictyol: 2.2mg, Eriodictyol: 2.2mg Hesperetin: 3.2mg, Hesperetin: 3.2mg, Hesperetin: 3.2mg, Hesperetin: 3.2mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 1.71mg, Kaempferol: 1.71mg, Kaempferol: 1.71mg, Kaempferol: 1.71mg Quercetin: 4.94mg, Quercetin: 4.94mg, Quercetin: 4.94mg, Quercetin: 4.94mg

Nutrients (% of daily need)

Calories: 463.18kcal (23.16%), Fat: 16.65g (25.61%), Saturated Fat: 2.8g (17.51%), Carbohydrates: 54.06g (18.02%), Net Carbohydrates: 43.93g (15.97%), Sugar: 9.61g (10.68%), Cholesterol: 48.19mg (16.06%), Sodium: 365.35mg (15.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.2g (58.4%), Vitamin A: 12552.97IU (251.06%), Vitamin K: 151.06µg (143.87%), Folate: 284.98µg (71.24%), Vitamin C: 57.84mg (70.11%), Vitamin B3: 13.77mg (68.86%), Manganese: 1.19mg (59.31%), Vitamin B6: 1.16mg (57.88%), Potassium: 1607.28mg (45.92%), Fiber: 10.13g (40.52%), Phosphorus: 378.27mg (37.83%), Magnesium: 130.32mg (32.58%), Vitamin B1: 0.46mg (30.46%), Copper: 0.54mg (27.16%), Iron: 4.73mg (26.3%), Selenium: 18.4µg (26.29%), Vitamin B5: 1.79mg (17.91%), Vitamin B2: 0.28mg (16.21%), Zinc: 2.03mg (13.56%), Calcium: 120.98mg (12.1%), Vitamin E: 0.5mg (3.31%), Vitamin B12: 0.19µg (3.21%)