Kale-Sesame Chicken Salad

Gluten Free · Dairy Free · Very Healthy

READY IN	SERVINGS	CALORIES
35 min.	4	443 kcal

LUNCH · MAIN COURSE · MAIN DISH · DINNER

Ingredients

- [ ] 2 apples firm (such as Cortland or Pink Lady)
- [ ] 1 cucumber english
- [ ] 8 cups baby kale
- [ ] 4 servings kosher salt and pepper freshly ground
- [ ] 0.3 cup lemon juice) fresh
- [ ] 3 tablespoons soya sauce low-sodium
- [ ] 2 tablespoons maple syrup (preferably grade B)
- [ ] 0.3 teaspoon pepper flakes red

- [ ] 1 tablespoon peanuts salted chopped
- [ ] 1 tablespoon sesame oil toasted
- [ ] 1 tablespoon sesame seed
- [ ] 1 pound chicken breasts boneless skinless
- [ ] 1.5 pounds sweet potatoes (2 large)

Equipment

- [ ] bowl
- [ ] sauce pan
- [ ] slotted spoon

Directions

- [ ] Bring the soy sauce, maple syrup, red pepper flakes, 1/4 cup lemon juice and 1 cup water to a boil in a wide saucepan.
- [ ] Add the chicken in a single layer; reduce the heat to medium low. Cover and simmer, turning occasionally, until just cooked through, 10 to 15 minutes.
- [ ] Remove the chicken to a plate (reserve the liquid).
- [ ] Let cool, then shred.
- [ ] Peel the sweet potatoes and cut into 1/2-inch cubes.
- [ ] Add to the liquid in the saucepan; cook over medium heat, stirring occasionally, until just tender, about 15 minutes.
- [ ] Transfer to a plate with a slotted spoon (reserve the liquid).
- [ ] Let the potatoes and liquid cool.
- [ ] Cut the apples into matchsticks. Peel the cucumber, cut in half lengthwise and thinly slice.
- [ ] Combine the apples, cucumber, kale, sesame seeds, chicken, sweet potatoes and sesame oil in a large bowl. Toss with the reserved cooking liquid and the remaining 2 tablespoons lemon juice. Season with salt and pepper; sprinkle with the peanuts.
- [ ] Photograph by Antonis Achilleos

Nutrition Facts

PROTEIN **27.23%** FAT **19.22%** CARBS **53.55%**

Properties

Glycemic Index:48.38, Glycemic Load:22.79, Inflammation Score:-10, Nutrition Score:37.991738941358%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 9.91mg, Isorhamnetin: 9.91mg, Isorhamnetin: 9.91mg, Isorhamnetin: 9.91mg Kaempferol: 19.9mg, Kaempferol: 19.9mg, Kaempferol: 19.9mg, Kaempferol: 19.9mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 13.24mg, Quercetin: 13.24mg, Quercetin: 13.24mg, Quercetin: 13.24mg

Nutrients (% of daily need)

Calories: 443.25kcal (22.16%), Fat: 9.69g (14.92%), Saturated Fat: 1.64g (10.25%), Carbohydrates: 60.79g (20.26%), Net Carbohydrates: 50.77g (18.46%), Sugar: 24.61g (27.35%), Cholesterol: 72.57mg (24.19%), Sodium: 889.7mg (38.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.91g (61.81%), Vitamin A: 28527.55IU (570.55%), Vitamin K: 182µg (173.33%), Vitamin B3: 14.06mg (70.32%), Vitamin B6: 1.38mg (69.25%), Vitamin C: 56.86mg (68.92%), Manganese: 1.22mg (60.86%), Selenium: 38.89µg (55.55%), Potassium: 1458.27mg (41.66%), Phosphorus: 412.96mg (41.3%), Fiber: 10.02g (40.06%), Vitamin B2: 0.58mg (33.98%), Vitamin B5: 3.36mg (33.6%), Magnesium: 122.87mg (30.72%), Copper: 0.47mg (23.65%), Calcium: 218.79mg (21.88%), Vitamin B1: 0.33mg (21.84%), Folate: 70.72µg (17.68%), Iron: 3mg (16.69%), Zinc: 1.9mg (12.68%), Vitamin E: 1.29mg (8.63%), Vitamin B12: 0.23µg (3.78%)