



HEALTH SCORE

74%

Kickin' Asian Chicken Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



301 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



0.8 pound beets



0.5 teaspoon sesame oil dark



2 tablespoons honey



0.3 teaspoon pepper



2 tablespoons red wine vinegar



0.8 pound roasted shredded (such as Tyson)



6 cups the salad



0.3 teaspoon salt

- ☐ 1 tablespoon shallots chopped
- ☐ 1 cup mushroom caps
- ☐ 0.8 pound sweet potatoes and into
- ☐ 1 ounce tofu firm
- ☐ 1 tablespoon wasabi paste dried prepared (Japanese horseradish)

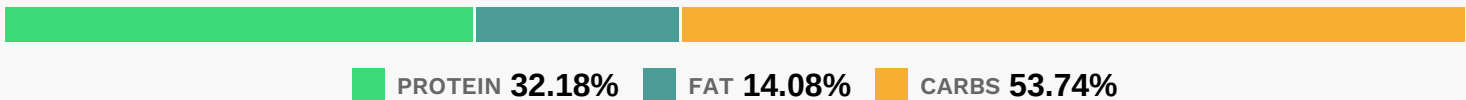
Equipment

- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Preheat oven to 40
- ☐ Place first 8 ingredients in a blender; process until smooth. Set aside.
- ☐ Leave root and 1 inch of stem on beets; scrub with a brush.
- ☐ Place beets and sweet potato in a shallow baking dish.
- ☐ Bake at 400 for 45 minutes.
- ☐ Add mushrooms, and bake an additional 15 minutes. Cool to touch. Peel beets and potato; cut into 1/2-inch cubes. Thinly slice mushrooms.
- ☐ Combine beets, potato, mushrooms, greens, and chicken.
- ☐ Drizzle dressing over salad; toss well.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:70.82, Glycemic Load:17.55, Inflammation Score:-10, Nutrition Score:26.486086757287%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 300.71kcal (15.04%), Fat: 4.8g (7.39%), Saturated Fat: 1.21g (7.59%), Carbohydrates: 41.23g (13.74%), Net Carbohydrates: 34.4g (12.51%), Sugar: 19.49g (21.65%), Cholesterol: 53.58mg (17.86%), Sodium: 323.08mg (14.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.68g (49.37%), Vitamin A: 12777.6IU (255.55%), Vitamin B6: 1.11mg (55.61%), Vitamin B3: 8.21mg (41.06%), Selenium: 28.25µg (40.35%), Manganese: 0.77mg (38.67%), Phosphorus: 357.75mg (35.77%), Potassium: 1195.79mg (34.17%), Vitamin B1: 0.5mg (33.5%), Folate: 133.36µg (33.34%), Fiber: 6.83g (27.31%), Vitamin C: 21.99mg (26.65%), Vitamin B2: 0.41mg (23.91%), Vitamin B5: 2.39mg (23.89%), Magnesium: 84.68mg (21.17%), Zinc: 2.89mg (19.26%), Copper: 0.37mg (18.3%), Iron: 2.51mg (13.96%), Vitamin B12: 0.43µg (7.23%), Calcium: 68.61mg (6.86%), Vitamin D: 0.57µg (3.77%), Vitamin E: 0.38mg (2.5%), Vitamin K: 1.99µg (1.9%)