



Korean-Style Chicken and Green Bean Salad



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



338 kcal

SIDE DISH

Ingredients

- 0.3 cup canola oil
- 1.5 tbsp asian chili paste (Korean chili paste)
- 0.5 cup cilantro leaves roughly chopped
- 1 cup grape tomatoes cut in half
- 1 pound green beans ends trimmed
- 0.5 teaspoon kosher salt
- 1.5 cups very coarsely rotisserie chicken shredded
- 2 tbsp spicy kimchi juice plus 1 cup spicy kimchi roughly chopped (from the jar)

- 2 tsp unseasoned rice vinegar

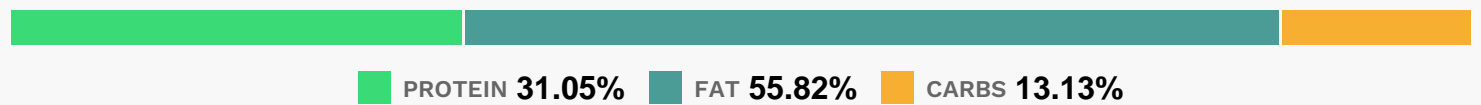
Equipment

- bowl
- whisk
- pot

Directions

- Blanch beans: Drop into a pot of heavily salted boiling water (it should taste like seawater). Cook until tender-crisp and bright green, 2 to 3 minutes, then drain and drop into ice water until cool.
- Drain and set aside.
- Meanwhile, in a small bowl, whisk together oil, kimchi juice, salt, chili paste, and vinegar to taste.
- Drain beans, pat dry, and put in a large bowl along with chopped kimchi, chicken, tomatoes, and cilantro. Gently toss with enough dressing to coat.
- Serve any remaining dressing on the side.
- *Find kimchi with refrigerated foods at well-stocked grocery stores. Find gochujang at Asian markets and online.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:2.61, Inflammation Score:-7, Nutrition Score:11.550434884818%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 4.37mg, Quercetin: 4.37mg, Quercetin: 4.37mg, Quercetin: 4.37mg

Nutrients (% of daily need)

Calories: 337.51kcal (16.88%), Fat: 21.64g (33.29%), Saturated Fat: 3.03g (18.94%), Carbohydrates: 11.45g (3.82%), Net Carbohydrates: 7.74g (2.81%), Sugar: 5.36g (5.95%), Cholesterol: 85.17mg (28.39%), Sodium: 646.26mg (28.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.08g (54.17%), Vitamin K: 71.18µg (67.79%), Vitamin A: 1247.26IU (24.95%), Vitamin C: 20.5mg (24.85%), Vitamin E: 3.19mg (21.27%), Manganese: 0.3mg (14.9%), Fiber: 3.71g (14.86%), Folate: 48.73µg (12.18%), Vitamin B6: 0.22mg (10.93%), Potassium: 372.83mg (10.65%), Vitamin B2: 0.15mg (8.72%), Magnesium: 34.8mg (8.7%), Iron: 1.54mg (8.57%), Vitamin B1: 0.11mg (7.64%), Vitamin B3: 1.26mg (6.3%), Phosphorus: 58.18mg (5.82%), Copper: 0.12mg (5.76%), Calcium: 51.07mg (5.11%), Vitamin B5: 0.3mg (3%), Zinc: 0.37mg (2.49%), Selenium: 0.82µg (1.17%)