



Larb Chicken Salad

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



220 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup cilantro leaves fresh chopped
- 1 tablespoon serrano chiles thinly sliced
- 6 servings available in the asian foods section of some supermarkets and at asian markets
- 1.5 pounds ground chicken
- 2 teaspoons sriracha in oil
- 0.3 cup mint leaves fresh chopped
- 1 cup spring onion thinly sliced
- 1 tablespoon sugar

- 0.8 cup chicken broth canned
- 0.7 cup juice of lime fresh
- 0.3 cup fish sauce (nam pla*)
- 0.8 cup shallots thinly sliced
- 2 small heads boston lettuce separated
- 3 tablespoons lemon grass fresh minced

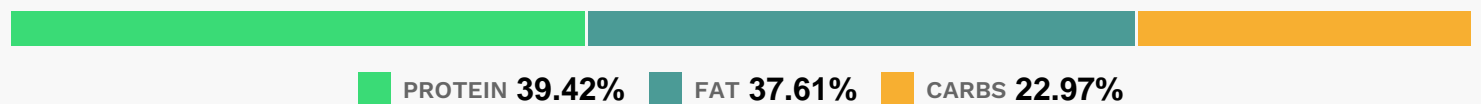
Equipment

- bowl
- frying pan
- whisk

Directions

- Whisk first 4 ingredients in medium bowl to blend; reserve sauce.
- Bring broth to simmer in heavy large skillet over medium heat.
- Add chicken. Simmer until cooked through, breaking up meat with spoon, about 8 minutes.
- Add green onions and next 3 ingredients. Stir until vegetables are tender and most of liquid has evaporated, about 4 minutes.
- Remove from heat. Stir in sauce, cilantro and mint. Season with salt and pepper.
- Spoon into lettuce leaves; serve.

Nutrition Facts



Properties

Glycemic Index:34.85, Glycemic Load:2.9, Inflammation Score:-6, Nutrition Score:15.656086786934%

Flavonoids

Eriodictyol: 1.36mg, Eriodictyol: 1.36mg, Eriodictyol: 1.36mg, Eriodictyol: 1.36mg Hesperetin: 2.67mg, Hesperetin: 2.67mg, Hesperetin: 2.67mg, Hesperetin: 2.67mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.42mg,

Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg

Nutrients (% of daily need)

Calories: 220.38kcal (11.02%), Fat: 9.51g (14.63%), Saturated Fat: 2.69g (16.79%), Carbohydrates: 13.06g (4.35%), Net Carbohydrates: 11.14g (4.05%), Sugar: 6.07g (6.75%), Cholesterol: 97.52mg (32.51%), Sodium: 1179.59mg (51.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.42g (44.85%), Vitamin B6: 0.78mg (38.89%), Vitamin K: 40.57µg (38.64%), Vitamin B3: 7.35mg (36.73%), Potassium: 880.38mg (25.15%), Phosphorus: 245.95mg (24.6%), Vitamin C: 16.07mg (19.48%), Vitamin B2: 0.33mg (19.32%), Selenium: 13.28µg (18.97%), Manganese: 0.34mg (16.97%), Magnesium: 63.03mg (15.76%), Vitamin B5: 1.41mg (14.09%), Zinc: 2.03mg (13.53%), Vitamin B12: 0.73µg (12.11%), Iron: 2.11mg (11.72%), Vitamin B1: 0.17mg (11.07%), Folate: 37.77µg (9.44%), Vitamin A: 463.58IU (9.27%), Copper: 0.16mg (8.22%), Fiber: 1.93g (7.71%), Calcium: 49.48mg (4.95%), Vitamin E: 0.52mg (3.47%)