



Meat Lite: Thai Cabbage Salad with Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



401 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup canola oil
- ☐ 2 medium carrots shredded
- ☐ 0.1 teaspoon ground pepper
- ☐ 2 chicken shredded cooked
- ☐ 0.3 cilantro leaves whole chopped for garnish
- ☐ 1 tablespoon fish sauce
- ☐ 0.5 head cabbage green thinly sliced
- ☐ 1 tablespoon brown sugar light

- ☐ 2 tablespoons juice of lime
- ☐ 1 lime zest
- ☐ 1 cup peanuts plus more for garnish coarsely chopped
- ☐ 0.3 cup rice vinegar
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon curry paste red

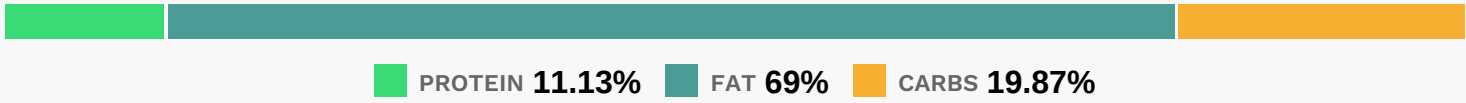
Equipment

- ☐ bowl
- ☐ whisk
- ☐ colander

Directions

- ☐ Toss the sliced cabbage with 1 tablespoon kosher salt and set in a colander over a bowl (or your sink, you don't need the liquid) for 30 minutes. Rinse thoroughly and dry well. Set aside.
- ☐ Whisk together the curry paste, fish sauce, vinegar, salt, sugar, oil, cayenne and lime zest and juice. Set aside.
- ☐ Combine the cabbage, carrots, cilantro and chopped peanuts with the dressing and toss well to coat. Divide among four plates, and top with shredded chicken, a sprinkling of nuts and a few cilantro leaves.

Nutrition Facts



Properties

Glycemic Index:62.77, Glycemic Load:3.37, Inflammation Score:-10, Nutrition Score:26.633913242299%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 7.88mg, Hesperetin: 7.88mg, Hesperetin: 7.88mg, Hesperetin: 7.88mg Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg

Kaempferol: 0.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 400.81kcal (20.04%), Fat: 32.65g (50.23%), Saturated Fat: 4g (25%), Carbohydrates: 21.16g (7.05%), Net Carbohydrates: 13.34g (4.85%), Sugar: 8.84g (9.82%), Cholesterol: 0.38mg (0.13%), Sodium: 550.26mg (23.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.85g (23.71%), Vitamin A: 5844.5IU (116.89%), Vitamin K: 100.85µg (96.05%), Vitamin C: 50.88mg (61.68%), Manganese: 1.21mg (60.75%), Folate: 146.78µg (36.7%), Vitamin B3: 6.58mg (32.88%), Fiber: 7.82g (31.27%), Magnesium: 96.05mg (24.01%), Vitamin B1: 0.34mg (22.92%), Vitamin E: 2.9mg (19.31%), Copper: 0.38mg (19.11%), Phosphorus: 188.15mg (18.81%), Potassium: 608.32mg (17.38%), Vitamin B6: 0.34mg (17.14%), Iron: 2.33mg (12.96%), Calcium: 111.69mg (11.17%), Vitamin B5: 1.03mg (10.3%), Zinc: 1.1mg (7.32%), Vitamin B2: 0.12mg (7.11%), Selenium: 3.73µg (5.33%)