



Minty Asian chicken salad



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



392 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 250 g pack rice noodle thin
- ☐ 2 chicken breasts shredded skinless cooked
- ☐ 0.5 cucumber halved sliced
- ☐ 3 spring onion sliced
- ☐ 1 chilli red finely chopped
- ☐ 4 tbsp fish sauce
- ☐ 1 lime zest
- ☐ 2 tsp sugar

☐ 20 g pack mint roughly chopped

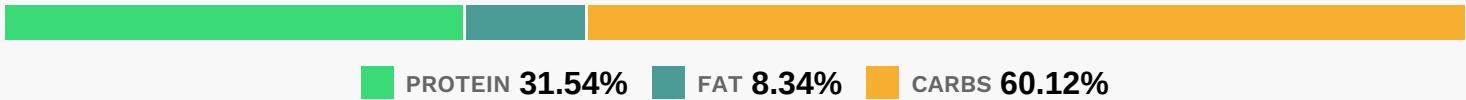
Equipment

☐ bowl

Directions

- ☐ Soak the noodles for 5 mins in boiling water or according to pack instructions, until softened.
- ☐ Drain, then cool under a running tap.
- ☐ Drain again well, then tip into a large bowl along with the chicken, cucumber, spring onions and chilli.
- ☐ Mix together the soy or fish sauce, lime zest and juice and sugar, then pour over the noodles. Toss through the mint leaves and serve.

Nutrition Facts



Properties

Glycemic Index:63.82, Glycemic Load:32.54, Inflammation Score:-7, Nutrition Score:21.220000101172%

Flavonoids

Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg Hesperetin: 7.71mg, Hesperetin: 7.71mg, Hesperetin: 7.71mg, Hesperetin: 7.71mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 391.73kcal (19.59%), Fat: 3.55g (5.47%), Saturated Fat: 0.78g (4.89%), Carbohydrates: 57.68g (19.23%), Net Carbohydrates: 55.33g (20.12%), Sugar: 4.43g (4.93%), Cholesterol: 72.32mg (24.11%), Sodium: 1552.31mg (67.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.26g (60.52%), Selenium: 47.46µg (67.8%), Vitamin B3: 13.52mg (67.61%), Vitamin B6: 1.12mg (55.77%), Manganese: 0.86mg (43.1%), Phosphorus: 333.14mg (33.31%), Vitamin C: 26.97mg (32.69%), Vitamin B5: 2.44mg (24.38%), Magnesium: 90.4mg (22.6%), Vitamin K: 23.29µg (22.18%), Potassium: 699.46mg (19.98%), Copper: 0.25mg (12.66%), Vitamin B2: 0.2mg (11.6%), Zinc: 1.57mg (10.5%), Vitamin B1: 0.15mg (10.14%), Folate: 39.34µg (9.83%), Iron: 1.75mg (9.7%), Vitamin A: 480.67IU (9.61%), Fiber: 2.35g (9.39%), Calcium: 61.89mg (6.19%), Vitamin B12: 0.31µg (5.21%), Vitamin E: 0.46mg (3.06%)