



Noodle Chicken Salad

 Dairy Free

READY IN



28 min.

SERVINGS



6

CALORIES



726 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup almonds sliced
- ☐ 2 tablespoons butter divided
- ☐ 5 green onions sliced
- ☐ 10 ounce optional ingredients: 1 can mandarin oranges drained sliced canned
- ☐ 0.5 teaspoon pepper
- ☐ 6 ounce chicken-flavored ramen noodle soup mix
- ☐ 0.5 cup red wine vinegar
- ☐ 2 pound roasted chicken whole

- ☐ 1 head romaine lettuce
- ☐ 2 tablespoons sesame oil
- ☐ 0.3 cup sesame seed
- ☐ 0.3 cup lite soy sauce
- ☐ 0.3 cup sugar
- ☐ 0.3 cup vegetable oil

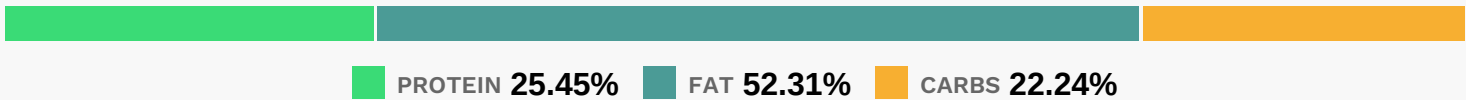
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ whisk

Directions

- ☐ Remove flavor packets from soup mixes, reserving 1 packet. Break noodles apart on baking sheet. Broil 5 1/2 inches from heat 4 to 5 minutes or until browned, stirring every minute.
- ☐ Pull chicken from bones, and coarsely chop; set aside.
- ☐ Melt 1 tablespoon butter in large skillet over medium heat, and add almonds and sesame seeds; cook, stirring constantly, 3 minutes or until lightly browned.
- ☐ Remove from skillet, and set aside.
- ☐ Add remaining butter and chicken, and cook 4 to 5 minutes or until thoroughly heated.
- ☐ Whisk together seasoning packet, oils, vinegar, and next 3 ingredients in a large bowl.
- ☐ Add lettuce, green onions, sesame seed mixture, chicken, and noodles, tossing to coat.
- ☐ Add optional ingredients, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:47.18, Glycemic Load:16.81, Inflammation Score:-10, Nutrition Score:36.256956432177%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 3.75mg, Hesperetin: 3.75mg, Hesperetin: 3.75mg, Hesperetin: 3.75mg Naringenin: 4.77mg, Naringenin: 4.77mg, Naringenin: 4.77mg, Naringenin: 4.77mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 3.39mg, Quercetin: 3.39mg, Quercetin: 3.39mg, Quercetin: 3.39mg

Nutrients (% of daily need)

Calories: 726.24kcal (36.31%), Fat: 42.44g (65.29%), Saturated Fat: 8.96g (55.99%), Carbohydrates: 40.59g (13.53%), Net Carbohydrates: 34.82g (12.66%), Sugar: 15.76g (17.51%), Cholesterol: 113.4mg (37.8%), Sodium: 1287.95mg (56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.45g (92.9%), Vitamin A: 9742.77IU (194.86%), Vitamin K: 152.44µg (145.18%), Vitamin B3: 14.58mg (72.88%), Selenium: 43.15µg (61.65%), Folate: 206.7µg (51.67%), Phosphorus: 460.17mg (46.02%), Vitamin B6: 0.84mg (42.24%), Manganese: 0.77mg (38.62%), Vitamin B1: 0.56mg (37.67%), Iron: 5.73mg (31.85%), Vitamin B2: 0.51mg (30.1%), Copper: 0.57mg (28.28%), Magnesium: 108.27mg (27.07%), Vitamin E: 3.89mg (25.96%), Potassium: 878.77mg (25.11%), Zinc: 3.63mg (24.17%), Fiber: 5.77g (23.08%), Vitamin C: 18.86mg (22.86%), Vitamin B5: 1.89mg (18.87%), Calcium: 172.39mg (17.24%), Vitamin B12: 0.51µg (8.57%)