



Orange-Ginger-Chicken Slaw

 Dairy Free

READY IN



9 min.

SERVINGS



4

CALORIES



513 kcal

SIDE DISH

Ingredients

- ☐ 10 ounce angel hair slaw (6 cups)
- ☐ 1 cup matchstick-cut carrots
- ☐ 9 ounce chicken breast frozen thawed cooked chopped
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 2 teaspoons ground ginger fresh grated peeled
- ☐ 2 tablespoons honey
- ☐ 0.3 cup soya sauce low-sodium
- ☐ 0.8 cup orange juice

- ☐ 6 tablespoons honey-roasted peanuts coarsely chopped
- ☐ 0.3 teaspoon salt
- ☐ 1.5 teaspoons sesame oil

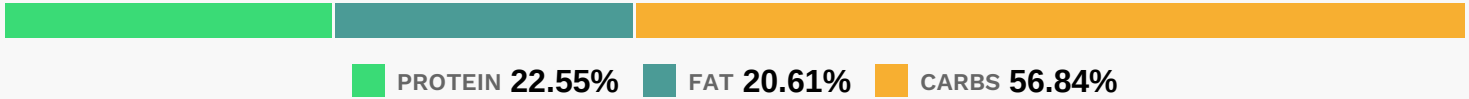
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 3 ingredients in a large bowl.
- ☐ Combine orange juice and next 6 ingredients in a small bowl, stirring with a whisk.
- ☐ Add orange juice mixture to slaw mixture; toss gently. Spoon salad into individual shallow bowls.
- ☐ Sprinkle evenly with peanuts.

Nutrition Facts



Properties

Glycemic Index:36.57, Glycemic Load:28.25, Inflammation Score:-10, Nutrition Score:26.193043581817%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 5.56mg, Hesperetin: 5.56mg, Hesperetin: 5.56mg, Hesperetin: 5.56mg Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 512.6kcal (25.63%), Fat: 11.82g (18.19%), Saturated Fat: 1.96g (12.23%), Carbohydrates: 73.33g (24.44%), Net Carbohydrates: 68.39g (24.87%), Sugar: 16.06g (17.85%), Cholesterol: 40.82mg (13.61%), Sodium: 890.45mg (38.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.1g (58.19%), Selenium: 67.41µg (96.3%), Vitamin A: 4562.3IU (91.25%), Manganese: 1.48mg (73.95%), Vitamin B3: 10.77mg (53.83%), Phosphorus: 371.75mg (37.17%), Vitamin B6: 0.71mg (35.29%), Vitamin C: 24.91mg (30.19%), Magnesium: 101.2mg (25.3%), Potassium: 756.53mg (21.62%), Fiber: 4.94g (19.76%), Copper: 0.39mg (19.57%), Vitamin B5: 1.7mg (17.04%), Folate: 64.19µg (16.05%),

Vitamin B1: 0.21mg (14.05%), Iron: 2.36mg (13.1%), Zinc: 1.94mg (12.92%), Vitamin B2: 0.19mg (11.16%), Calcium: 55.48mg (5.55%), Vitamin K: 3.6µg (3.43%), Vitamin E: 0.35mg (2.35%), Vitamin B12: 0.13µg (2.13%)