



## Peanut Chicken Soba Salad

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



229 kcal

SALAD

### Ingredients

- 1 bay leaf
- 4 peppercorns black
- 1 cup carrots grated
- 1 teaspoon sriracha (such as Lee Kum Kee)
- 4 ounces soba noodles cooked uncooked
- 4 teaspoons chop roasted peanuts unsalted chopped
- 0.3 cup basil fresh chopped
- 0.5 cup green onions thinly sliced

- 1 teaspoon honey
- 2 teaspoons low sodium soy sauce low-sodium
- 2 tablespoons vegetable oil; peanut oil preferred
- 0.3 cup onion red minced
- 1 tablespoon rice vinegar
- 0.5 teaspoon salt
- 12 ounce skinless boneless chicken breast halves boneless skinless
- 2 cups water

## Equipment

- bowl
- frying pan
- sauce pan
- whisk

## Directions

- Combine first 4 ingredients in a medium saucepan; bring to a boil. Cover, remove from heat, and let stand 15 minutes or until chicken is done.
- Remove chicken from pan, and discard peppercorns, bay leaf, and cooking liquid. Shred chicken; place in a large bowl.
- Combine vinegar and next 5 ingredients (vinegar through salt), stirring with a whisk.
- Pour over chicken; let stand 5 minutes.
- Add soba noodles and the next 4 ingredients (noodles through chopped basil) to chicken mixture, and toss well.
- Sprinkle with peanuts.
- Garnish with lime wedges, if desired.

## Nutrition Facts



## Properties

Glycemic Index:77.53, Glycemic Load:2.19, Inflammation Score:0, Nutrition Score:17.553913129413%

## Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.43mg, Quercetin: 3.43mg, Quercetin: 3.43mg, Quercetin: 3.43mg

## Nutrients (% of daily need)

Calories: 229.35kcal (11.47%), Fat: 10.36g (15.94%), Saturated Fat: 1.85g (11.54%), Carbohydrates: 13.42g (4.47%), Net Carbohydrates: 11.73g (4.27%), Sugar: 4g (4.45%), Cholesterol: 54.43mg (18.14%), Sodium: 596.59mg (25.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.91g (41.81%), Vitamin A: 5577.48IU (111.55%), Vitamin B3: 9.74mg (48.7%), Selenium: 27.62µg (39.45%), Vitamin B6: 0.73mg (36.45%), Vitamin K: 36.75µg (35%), Phosphorus: 217.08mg (21.71%), Potassium: 504.52mg (14.41%), Manganese: 0.29mg (14.3%), Vitamin B5: 1.43mg (14.29%), Vitamin E: 1.66mg (11.1%), Magnesium: 39.72mg (9.93%), Vitamin B2: 0.14mg (7.98%), Vitamin B1: 0.12mg (7.89%), Vitamin C: 6.29mg (7.62%), Fiber: 1.69g (6.75%), Folate: 25.52µg (6.38%), Zinc: 0.78mg (5.18%), Iron: 0.9mg (5%), Copper: 0.09mg (4.55%), Calcium: 36.54mg (3.65%), Vitamin B12: 0.17µg (2.83%)