



Rice-Noodle Salad with Chicken and Herbs

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



375 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup asian fish sauce
- ☐ 4 cups cabbage shredded finely
- ☐ 0.5 cup cilantro leaves chopped
- ☐ 0.5 pound meat from a rotisserie chicken cooked cut into long strips
- ☐ 2 garlic cloves minced
- ☐ 0.8 cup grapefruit juice fresh
- ☐ 0.3 cup mint leaves chopped
- ☐ 0.5 pound rice noodles dried

- ☐ 3 scallions thinly sliced
- ☐ 4 servings sriracha for serving
- ☐ 2 tablespoons sugar

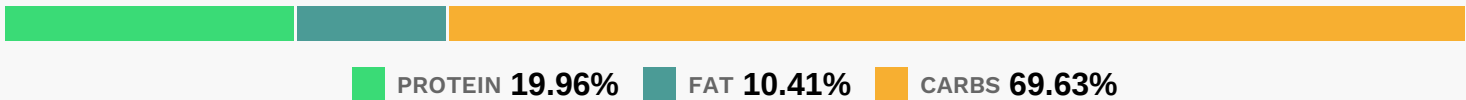
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ colander

Directions

- ☐ In a bowl, cover the noodles with cold water and let stand until pliable, 25 minutes.
- ☐ Drain. Bring a saucepan of water to a boil.
- ☐ Add the noodles and cook, stirring, until al dente, 1 minute.
- ☐ Drain the noodles in a colander and return them to the pan. Fill the saucepan with cold water and swish the noodles around.
- ☐ Drain and swish the noodles 2 more times.
- ☐ Drain the noodles in the colander, lifting and tossing, until dry.
- ☐ In a small bowl, stir the grapefruit juice with the garlic, sugar and fish sauce until the sugar is dissolved.
- ☐ In a large bowl, toss the rice noodles with the shredded cabbage and scallions.
- ☐ Add the dressing and toss well.
- ☐ Add the chicken, cilantro and mint and toss.
- ☐ Serve right away, passing Sriracha sauce at the table.

Nutrition Facts



Properties

Glycemic Index:78.52, Glycemic Load:34.67, Inflammation Score:-6, Nutrition Score:16.669999749764%

Flavonoids

Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 374.66kcal (18.73%), Fat: 4.27g (6.57%), Saturated Fat: 1.15g (7.18%), Carbohydrates: 64.32g (21.44%), Net Carbohydrates: 61.07g (22.21%), Sugar: 13.87g (15.41%), Cholesterol: 42.52mg (14.17%), Sodium: 1303.64mg (56.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.43g (36.87%), Vitamin K: 78.06µg (74.34%), Vitamin C: 41.26mg (50.02%), Selenium: 24.36µg (34.8%), Vitamin B3: 5.35mg (26.77%), Manganese: 0.52mg (25.96%), Phosphorus: 228.34mg (22.83%), Vitamin B6: 0.42mg (20.8%), Magnesium: 61.86mg (15.47%), Folate: 53.17µg (13.29%), Fiber: 3.25g (12.99%), Potassium: 436.84mg (12.48%), Iron: 2.04mg (11.35%), Zinc: 1.58mg (10.5%), Vitamin B2: 0.15mg (8.83%), Vitamin A: 441.15IU (8.82%), Vitamin B5: 0.83mg (8.26%), Vitamin B1: 0.11mg (7.25%), Calcium: 72.22mg (7.22%), Copper: 0.12mg (6.16%), Vitamin B12: 0.23µg (3.9%), Vitamin E: 0.21mg (1.37%)