



Scoopable Chinese Chicken Salad

 Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



366 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 16 ounce broccoli cole slaw dry ()
- 8 ounce water chestnuts canned drained sliced (1 cup)
- 12 ounces chicken breast skinless lean cooked chopped
- 1 cup mandarin orange segments light canned packed in juice (or syrup), drained and chopped
- 1 cup scallions chopped
- 0.8 cup sesame ginger dressing low-fat (recommended: Newman's Own Lighten Up!)

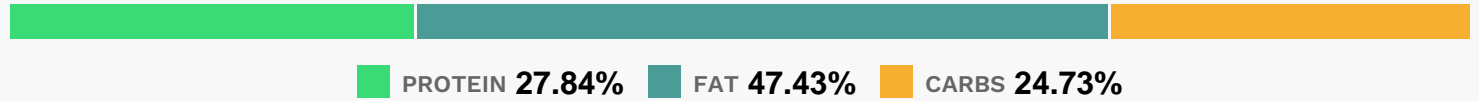
Equipment

- bowl

Directions

- In a large bowl, combine slaw, water chestnuts, orange segments, scallions, and chicken.
- Mix well.
- Top with dressing and toss to coat. Enjoy!

Nutrition Facts



Properties

Glycemic Index:14.8, Glycemic Load:2.19, Inflammation Score:-8, Nutrition Score:22.243912922299%

Flavonoids

Hesperetin: 3.1mg, Hesperetin: 3.1mg, Hesperetin: 3.1mg, Hesperetin: 3.1mg Naringenin: 3.91mg, Naringenin: 3.91mg, Naringenin: 3.91mg, Naringenin: 3.91mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 366.24kcal (18.31%), Fat: 19.9g (30.61%), Saturated Fat: 3.09g (19.34%), Carbohydrates: 23.34g (7.78%), Net Carbohydrates: 19.98g (7.26%), Sugar: 9.46g (10.51%), Cholesterol: 57.83mg (19.28%), Sodium: 459.27mg (19.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.28g (52.56%), Vitamin C: 99.63mg (120.76%), Vitamin K: 62.74µg (59.75%), Vitamin B3: 10.41mg (52.07%), Vitamin B6: 0.71mg (35.38%), Selenium: 22.76µg (32.51%), Phosphorus: 257.69mg (25.77%), Folate: 90.25µg (22.56%), Potassium: 731.29mg (20.89%), Vitamin E: 2.6mg (17.34%), Vitamin A: 855.65IU (17.11%), Manganese: 0.34mg (16.98%), Iron: 2.7mg (15.01%), Vitamin B2: 0.23mg (13.69%), Magnesium: 54.72mg (13.68%), Fiber: 3.37g (13.46%), Vitamin B5: 1.34mg (13.41%), Vitamin B1: 0.15mg (9.86%), Zinc: 1.45mg (9.69%), Calcium: 92.43mg (9.24%), Copper: 0.18mg (8.9%), Vitamin B12: 0.23µg (3.86%)