

Sesame Chicken Garden Salad

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



339 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 oz baby carrots french thinly sliced lengthwise
- ☐ 0.5 cucumber english thinly sliced into half moons
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 tablespoons juice of lime fresh
- ☐ 3 radishes thinly sliced
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 2 deli-roasted chicken breasts boneless sliced
- ☐ 2 tablespoons sesame seed toasted

- ☐ 4 oz sugar snap peas fresh halved lengthwise
- ☐ 0.5 cup sesame dressing reduced-fat

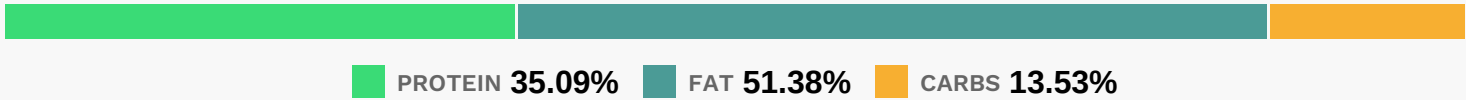
Equipment

- ☐ whisk

Directions

- ☐ Whisk together first 3 ingredients; reserve 3 Tbsp.
- ☐ Cook carrots in boiling salted water to cover 2 to 3 minutes or until crisp-tender.
- ☐ Add peas; cook 2 more minutes; drain. Plunge into ice water to stop the cooking process; drain.
- ☐ Toss together dressing, carrot mixture, cucumber, and radishes. Top with chicken and cilantro.
- ☐ Drizzle with reserved 3 Tbsp. dressing.
- ☐ Sprinkle with sesame seeds.
- ☐ Serve immediately, or refrigerate up to 2 days.
- ☐ Note: We tested with Ken's Steak House Lite Asian Sesame Dressing.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:0.18, Inflammation Score:-10, Nutrition Score:21.357826121475%

Flavonoids

Pelargonidin: 1.89mg, Pelargonidin: 1.89mg, Pelargonidin: 1.89mg, Pelargonidin: 1.89mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 338.69kcal (16.93%), Fat: 19.37g (29.8%), Saturated Fat: 3.12g (19.52%), Carbohydrates: 11.48g (3.83%), Net Carbohydrates: 8.37g (3.05%), Sugar: 6.6g (7.33%), Cholesterol: 73.1mg (24.37%), Sodium: 415.62mg (18.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.76g (59.52%), Vitamin A: 6372.3IU (127.45%), Vitamin B3: 12.46mg (62.32%), Selenium: 26.37µg (37.67%), Vitamin K: 39.34µg (37.47%), Vitamin B6: 0.66mg (33.11%), Phosphorus: 271.4mg (27.14%), Vitamin C: 22.22mg (26.93%), Iron: 2.8mg (15.55%), Potassium: 525.7mg (15.02%), Copper: 0.29mg (14.67%), Manganese: 0.29mg (14.36%), Magnesium: 56.34mg (14.09%), Vitamin E: 2.02mg (13.49%), Vitamin B5: 1.34mg (13.35%), Fiber: 3.1g (12.4%), Vitamin B1: 0.16mg (10.71%), Zinc: 1.45mg (9.68%), Vitamin B2: 0.16mg (9.64%), Calcium: 92.74mg (9.27%), Folate: 35.69µg (8.92%), Vitamin B12: 0.29µg (4.87%)