



Sesame Chicken Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bell pepper strips red
- ☐ 1 teaspoon bottled garlic minced
- ☐ 1 teaspoon bottled ginger fresh minced
- ☐ 1 cup carrots grated
- ☐ 2.5 cups chicken breast cooked chopped
- ☐ 2 tablespoons creamy peanut butter
- ☐ 1 teaspoon sesame oil dark
- ☐ 1 cup bean sprouts fresh

- ☐ 2 tablespoons green onions chopped
- ☐ 0.3 cup soya sauce low-sodium
- ☐ 2 cups napa cabbage chinese thinly sliced
- ☐ 0.3 cup rice vinegar
- ☐ 1 teaspoon sesame seed toasted

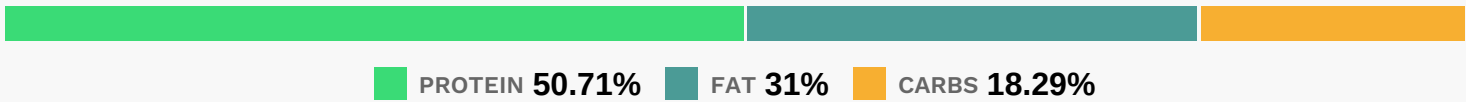
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ To prepare vinaigrette, combine first 6 ingredients, stirring with a whisk.
- ☐ To prepare salad, combine chicken and next 5 ingredients (through onions) in a large bowl.
- ☐ Drizzle with vinaigrette, tossing gently to coat.
- ☐ Sprinkle with sesame seeds.

Nutrition Facts



Properties

Glycemic Index:71.71, Glycemic Load:2.14, Inflammation Score:-10, Nutrition Score:25.59913048796%

Flavonoids

Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 256.3kcal (12.82%), Fat: 8.84g (13.6%), Saturated Fat: 1.94g (12.12%), Carbohydrates: 11.74g (3.91%), Net Carbohydrates: 8.45g (3.07%), Sugar: 5.72g (6.36%), Cholesterol: 74.38mg (24.79%), Sodium: 702.6mg (30.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.54g (65.09%), Vitamin A: 6686.96IU (133.74%), Vitamin C: 64.28mg (77.91%), Vitamin B3: 14.33mg (71.63%), Vitamin B6: 0.87mg (43.64%), Selenium: 25.47µg (36.38%), Vitamin K: 37.59µg (35.8%), Phosphorus: 306.25mg (30.63%), Manganese: 0.46mg (22.9%), Folate: 89.07µg

(22.27%), Potassium: 656.54mg (18.76%), Magnesium: 71.97mg (17.99%), Vitamin B2: 0.26mg (15.3%), Vitamin B5: 1.34mg (13.37%), Fiber: 3.29g (13.14%), Vitamin E: 1.94mg (12.92%), Iron: 2.02mg (11.25%), Vitamin B1: 0.17mg (11.02%), Zinc: 1.64mg (10.93%), Copper: 0.19mg (9.59%), Calcium: 78.09mg (7.81%), Vitamin B12: 0.3µg (4.96%)