



Sesame Chicken Salad



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons vegetable oil
- ☐ 2 teaspoons soya sauce
- ☐ 1.3 lb chicken breast boneless skinless
- ☐ 0.3 cup vegetable oil
- ☐ 0.3 cup vinegar white
- ☐ 1 tablespoon sesame seed toasted
- ☐ 1 teaspoon sesame oil
- ☐ 0.5 teaspoon sugar

- ☐ 6 cups cabbage chinese chopped (napa)
- ☐ 1 cup cucumber thinly sliced
- ☐ 1 cup carrots shredded ()
- ☐ 7 oz baby corns drained

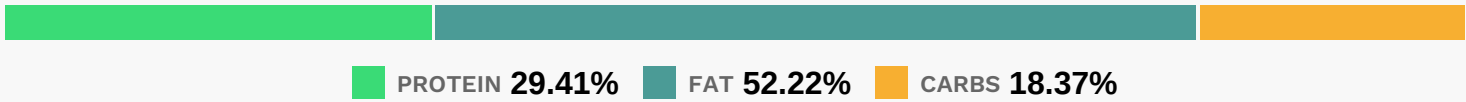
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Heat gas or charcoal grill. In small bowl, mix 2 teaspoons vegetable oil and the soy sauce; brush on both sides of chicken.
- ☐ Brush grill rack with vegetable oil.
- ☐ Place chicken on grill. Cover grill; cook over medium heat 15 to 20 minutes, turning once, until juice of chicken is clear when center of thickest part is cut (170°F).
- ☐ Meanwhile, in small bowl, beat all dressing ingredients with wire whisk.
- ☐ In large bowl, toss all salad ingredients with dressing; divide among 6 serving plates.
- ☐ Cut chicken diagonally into 1/2-inch slices. Top salads with chicken.

Nutrition Facts



Properties

Glycemic Index:55.24, Glycemic Load:5.46, Inflammation Score:-10, Nutrition Score:22.359999817351%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 306.64kcal (15.33%), Fat: 18.04g (27.76%), Saturated Fat: 2.9g (18.11%), Carbohydrates: 14.28g (4.76%), Net Carbohydrates: 10.81g (3.93%), Sugar: 5.43g (6.04%), Cholesterol: 60.48mg (20.16%), Sodium: 249.79mg (10.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.86g (45.72%), Vitamin K: 83.05µg (79.1%), Vitamin A: 3763.96IU (75.28%), Vitamin B3: 10.93mg (54.67%), Vitamin B6: 0.9mg (44.79%), Selenium: 31.09µg (44.41%), Vitamin C: 30.54mg (37.02%), Phosphorus: 265.65mg (26.56%), Vitamin B5: 1.88mg (18.77%), Potassium: 649.86mg (18.57%), Fiber: 3.47g (13.88%), Manganese: 0.28mg (13.84%), Magnesium: 52.38mg (13.09%), Folate: 50.3µg (12.57%), Vitamin B1: 0.17mg (11.11%), Vitamin E: 1.59mg (10.59%), Vitamin B2: 0.17mg (9.74%), Zinc: 1.08mg (7.21%), Copper: 0.14mg (6.91%), Iron: 1.19mg (6.6%), Calcium: 57.9mg (5.79%), Vitamin B12: 0.19µg (3.15%)