



Sesame Chinese Chicken Salad with Asian Greens

 Dairy Free  Very Healthy

READY IN



50 min.

SERVINGS



4

CALORIES



589 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 pound baby bok choy ends trimmed thinly sliced (2)
- ☐ 2 teaspoons asian chili oil
- ☐ 1 cup cilantro sprigs loosely packed
- ☐ 1 cup cucumber matchsticks english (from)
- ☐ 2 large green onions cut into 3-in. slivers
- ☐ 3 tablespoons soya sauce reduced-sodium
- ☐ 1 qt bite-size pieces mizuna mixed loosely packed (or baby greens)

- ☐ 1 qt mustard greens
- ☐ 6 tablespoons rice vinegar
- ☐ 3 tablespoons sesame oil toasted
- ☐ 0.3 cup sesame seed
- ☐ 3 cups meat from a rotisserie chicken shredded cooked
- ☐ 1.5 teaspoons sugar
- ☐ 2 tablespoons vegetable oil
- ☐ 10 won ton wrappers cut into 4 triangles ()

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Toast sesame seeds in a large nonstick frying pan over medium heat, stirring, until golden, 4 to 6 minutes.
- ☐ Pour into a large bowl.
- ☐ Heat peanut oil in same pan, then add a single layer of won ton wrappers at a time and cook, turning once, until golden, 1 1/2 to 4 minutes.
- ☐ Transfer to paper towels to drain.
- ☐ Combine mizuna, mustard greens, bok choy, cucumber, cilantro, and green onions in a second large bowl.
- ☐ Add vinegar, soy sauce, sesame oil, sugar, and chili oil to sesame seeds in bowl and whisk to blend. Spoon about one-third of dressing over greens and toss to coat.
- ☐ Add chicken to remaining dressing in bowl and toss to coat. Gently toss ingredients from both bowls together, then toss one more time with won ton triangles.

Nutrition Facts



 **PROTEIN 27.43%**  **FAT 48.16%**  **CARBS 24.41%**

Properties

Glycemic Index:62.77, Glycemic Load:2.75, Inflammation Score:-10, Nutrition Score:46.439131052598%

Flavonoids

Isorhamnetin: 38.33mg, Isorhamnetin: 38.33mg, Isorhamnetin: 38.33mg, Isorhamnetin: 38.33mg Kaempferol: 90.82mg, Kaempferol: 90.82mg, Kaempferol: 90.82mg, Kaempferol: 90.82mg Quercetin: 24.28mg, Quercetin: 24.28mg, Quercetin: 24.28mg

Nutrients (% of daily need)

Calories: 589.1kcal (29.46%), Fat: 32.47g (49.96%), Saturated Fat: 5.47g (34.2%), Carbohydrates: 37.04g (12.35%), Net Carbohydrates: 26.81g (9.75%), Sugar: 6.04g (6.72%), Cholesterol: 80.44mg (26.81%), Sodium: 769.61mg (33.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.62g (83.24%), Vitamin K: 668.07µg (636.26%), Vitamin C: 250.17mg (303.24%), Vitamin A: 12833.54IU (256.67%), Vitamin B3: 13.18mg (65.91%), Vitamin B6: 1.17mg (58.43%), Selenium: 37.8µg (53.99%), Phosphorus: 538.91mg (53.89%), Iron: 9.55mg (53.08%), Copper: 1.02mg (50.81%), Potassium: 1751.46mg (50.04%), Calcium: 498.94mg (49.89%), Magnesium: 175.88mg (43.97%), Manganese: 0.84mg (41.88%), Folate: 163.98µg (40.99%), Fiber: 10.23g (40.93%), Vitamin B2: 0.68mg (40.06%), Vitamin E: 6mg (39.97%), Vitamin B1: 0.52mg (34.55%), Zinc: 3.76mg (25.08%), Vitamin B5: 1.95mg (19.49%), Vitamin B12: 0.31µg (5.14%)