



WHATSheATE



Shredded Thai Chicken Salad



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups rotisserie chicken cut shredded (from 2- to 2 1/2-lb chicken)
- ☐ 1 cup carrots (matchstick-cut)
- ☐ 1 cup broccoli slaw
- ☐ 1 large spring onion chopped
- ☐ 2 tablespoons creamy peanut butter
- ☐ 2 tablespoons rice vinegar
- ☐ 1 tablespoon vegetable oil
- ☐ 1 tablespoon honey

- ☐ 4 teaspoons soya sauce
- ☐ 0.1 teaspoon hot sauce red
- ☐ 1 serving cilantro leaves fresh

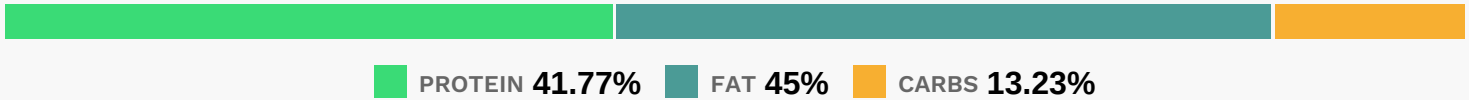
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In large bowl, toss salad ingredients.
- ☐ In small bowl, beat dressing ingredients with wire whisk. Just before serving, drizzle dressing over salad; toss until evenly coated.
- ☐ Garnish with cilantro.

Nutrition Facts



Properties

Glycemic Index:60.53, Glycemic Load:3.61, Inflammation Score:-10, Nutrition Score:11.415217337401%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 339.53kcal (16.98%), Fat: 17.35g (26.69%), Saturated Fat: 3.92g (24.51%), Carbohydrates: 11.48g (3.83%), Net Carbohydrates: 9.97g (3.63%), Sugar: 6.94g (7.71%), Cholesterol: 113.56mg (37.85%), Sodium: 814.35mg (35.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.23g (72.46%), Vitamin A: 5523.12IU (110.46%), Vitamin C: 29.52mg (35.78%), Vitamin K: 23.52µg (22.4%), Manganese: 0.28mg (13.82%), Folate: 38.23µg (9.56%), Vitamin B3: 1.84mg (9.18%), Vitamin E: 1.25mg (8.36%), Potassium: 272.5mg (7.79%), Vitamin B6: 0.14mg (7.1%), Magnesium: 28.27mg (7.07%), Phosphorus: 67.63mg (6.76%), Fiber: 1.5g (6.01%), Vitamin B2: 0.08mg (4.92%), Iron: 0.74mg (4.14%), Vitamin B1: 0.06mg (3.84%), Copper: 0.08mg (3.82%), Vitamin B5: 0.35mg (3.54%), Calcium: 34.56mg (3.46%), Zinc: 0.46mg (3.04%), Selenium: 1.38µg (1.96%)