



Spicy Asian-Chicken-Salad Lettuce Cups



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



239 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 teaspoons chile-garlic sauce chinese
- ☐ 1 teaspoon dijon mustard
- ☐ 1 haas avocados peeled cut into 12 slices
- ☐ 12 iceberg lettuce leaves
- ☐ 12 servings kosher salt and pepper freshly ground
- ☐ 12 servings lime wedges for serving
- ☐ 0.5 cup mayonnaise
- ☐ 2 pound rotisserie chicken cut

- ☐ 2 scallions white green thinly sliced
- ☐ 0.5 teaspoon asian sesame oil
- ☐ 0.3 cup water chestnuts coarsely chopped

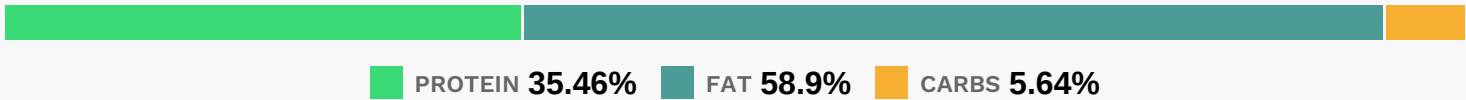
Equipment

- ☐ bowl

Directions

- ☐ In a medium bowl, mix the mayonnaise with the sambal oelek , mustard and sesame oil. Stir in the chicken, water chestnuts and scallions and season with salt and pepper. Spoon the chicken salad into the lettuce cups and top with a slice of avocado.
- ☐ Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:0.25, Inflammation Score:-1, Nutrition Score:3.0952173934683%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 239.02kcal (11.95%), Fat: 15.82g (24.34%), Saturated Fat: 3.12g (19.49%), Carbohydrates: 3.4g (1.13%), Net Carbohydrates: 1.81g (0.66%), Sugar: 0.79g (0.88%), Cholesterol: 76.49mg (25.5%), Sodium: 563.98mg (24.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.43g (42.87%), Vitamin K: 24.85µg (23.67%), Fiber: 1.59g (6.38%), Vitamin E: 0.73mg (4.89%), Folate: 18.31µg (4.58%), Vitamin C: 2.69mg (3.26%), Potassium: 113.14mg (3.23%), Vitamin B6: 0.06mg (3.23%), Vitamin B5: 0.27mg (2.75%), Manganese: 0.05mg (2.5%), Copper: 0.05mg (2.41%), Vitamin A: 91.42IU (1.83%), Vitamin B2: 0.03mg (1.77%), Vitamin B3: 0.35mg (1.76%), Magnesium: 6.68mg

(1.67%), Phosphorus: 15.52mg (1.55%), Iron: 0.27mg (1.52%), Vitamin B1: 0.02mg (1.25%), Zinc: 0.18mg (1.22%)