



Spicy Asian Noodle and Chicken Salad

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



731 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 cups carrots grated
- ☐ 2 tablespoons chili-garlic sauce
- ☐ 0.8 pound chow mein udon noodles dried
- ☐ 4 cups meat from a rotisserie chicken cooked thinly sliced cut into strips
- ☐ 0.3 cup creamy peanut butter old-fashioned style freshly ground (do not use or)
- ☐ 0.5 cup cilantro leaves fresh
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 1 tablespoon brown sugar packed ()

- ☐ 6 green onions chopped
- ☐ 3 tablespoons low-salt chicken broth ()
- ☐ 1 bell pepper red cut into matchstick-size strips
- ☐ 0.3 cup soya sauce
- ☐ 2 tablespoons unseasoned rice vinegar

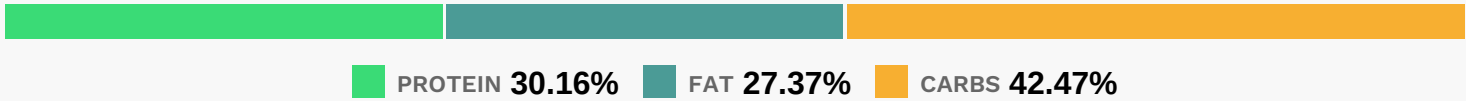
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Combine peanut butter, soy sauce, rice vinegar, chili-garlic sauce, brown sugar, ginger, and 3 tablespoons broth in processor; blend until smooth. Season dressing to taste with salt and pepper.
- ☐ Cook pasta in large pot of boiling salted water until tender but still firm to bite, stirring occasionally.
- ☐ Drain pasta; rinse with cold water to cool and drain again.
- ☐ Transfer pasta to large bowl.
- ☐ Add chicken, carrots, green onions, bell pepper, and cilantro; toss to blend.
- ☐ Pour dressing over and toss to coat, adding more broth by tablespoonfuls if dressing is too thick. Season salad to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:59.21, Glycemic Load:2.6, Inflammation Score:-10, Nutrition Score:29.502608776093%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg

Nutrients (% of daily need)

Calories: 730.85kcal (36.54%), Fat: 22.12g (34.02%), Saturated Fat: 4.77g (29.79%), Carbohydrates: 77.21g (25.74%), Net Carbohydrates: 68.85g (25.04%), Sugar: 12.04g (13.38%), Cholesterol: 105mg (35%), Sodium: 1993.56mg (86.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.83g (109.66%), Vitamin A: 7985.69IU (159.71%), Vitamin B3: 15.44mg (77.19%), Vitamin C: 44.45mg (53.88%), Selenium: 35.72µg (51.03%), Vitamin K: 50.26µg (47.87%), Vitamin B6: 0.86mg (42.97%), Phosphorus: 394.3mg (39.43%), Fiber: 8.35g (33.42%), Iron: 5.75mg (31.94%), Manganese: 0.55mg (27.48%), Magnesium: 85.24mg (21.31%), Potassium: 744.56mg (21.27%), Zinc: 3.01mg (20.04%), Vitamin B2: 0.34mg (19.94%), Vitamin E: 2.85mg (18.98%), Vitamin B5: 1.88mg (18.79%), Folate: 62.37µg (15.59%), Copper: 0.24mg (12.19%), Vitamin B1: 0.18mg (11.94%), Vitamin B12: 0.42µg (6.95%), Calcium: 63.52mg (6.35%)