



## Spicy Chicken Salad With Cabbage Wraps

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



223 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3.5 tablespoons asian fish sauce
- 1 slices toppings: baby carrot cucumber
- 1 pound skinned and boned chicken breasts cut into large cubes
- 0.5 cup dry-roasted peanuts unsalted coarsely chopped
- 1.5 tablespoons ginger fresh thinly sliced
- 1 small cabbage green cut into wedges
- 4 green onions thinly sliced
- 0.8 teaspoon ground pepper red

- 1 small jalapeno minced
- 0.3 cup juice of lime fresh
- 1 teaspoon lime rind grated
- 0.5 onion red thinly sliced
- 2 teaspoons sesame oil

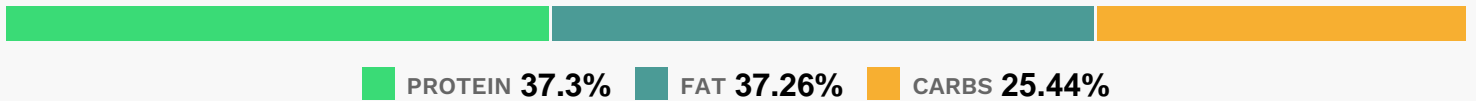
## Equipment

- food processor
- bowl
- frying pan

## Directions

- Process chicken in a food processor until the consistency of ground beef.
- Cook chicken in a lightly greased large skillet over medium-high heat 10 minutes or until done, stirring often.
- Drain and place in a large bowl.
- Cut sliced ginger into thin strips.
- Stir ginger and next 8 ingredients into chicken. Cover and chill 15 to 30 minutes or until ready to serve, stirring in peanuts during last 5 minutes.
- Spoon chicken salad onto individual cabbage wedge leaves.
- Serve with desired toppings.

## Nutrition Facts



## Properties

Glycemic Index:43.47, Glycemic Load:2.78, Inflammation Score:-10, Nutrition Score:25.655217388402%

## Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 1.05mg, Hesperetin: 1.05mg, Hesperetin: 1.05mg, Hesperetin: 1.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg

Naringenin: 0.05mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg

## **Nutrients (% of daily need)**

Calories: 222.87kcal (11.14%), Fat: 9.6g (14.78%), Saturated Fat: 1.63g (10.16%), Carbohydrates: 14.76g (4.92%), Net Carbohydrates: 9.61g (3.49%), Sugar: 6.65g (7.39%), Cholesterol: 48.38mg (16.13%), Sodium: 950.35mg (41.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.64g (43.27%), Vitamin K: 110.75µg (105.48%), Vitamin A: 3751.78IU (75.04%), Vitamin C: 54.06mg (65.53%), Vitamin B3: 10.49mg (52.45%), Vitamin B6: 0.88mg (43.93%), Selenium: 26.8µg (38.29%), Manganese: 0.55mg (27.32%), Phosphorus: 250.74mg (25.07%), Folate: 84.2µg (21.05%), Fiber: 5.15g (20.59%), Potassium: 720.14mg (20.58%), Magnesium: 81.23mg (20.31%), Vitamin B5: 1.61mg (16.08%), Vitamin B1: 0.17mg (11.17%), Vitamin B2: 0.18mg (10.58%), Vitamin E: 1.31mg (8.71%), Calcium: 79.98mg (8%), Iron: 1.36mg (7.55%), Zinc: 1.13mg (7.53%), Copper: 0.13mg (6.43%), Vitamin B12: 0.2µg (3.36%)