



HEALTH SCORE

74%

Sweet Chili Chicken Salad



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



15 min.

SERVINGS



4

CALORIES



168 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups bean sprouts
- ☐ 0.5 cup carrots sliced
- ☐ 0.3 cup chili dressing sweet
- ☐ 1 cup cucumber sliced
- ☐ 2 green onions sliced
- ☐ 4 cups lettuce sliced
- ☐ 4 servings peanuts toasted chopped to taste
- ☐ 0.5 pepper red sliced

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2 cups meat from a rotisserie chicken shredded cooked

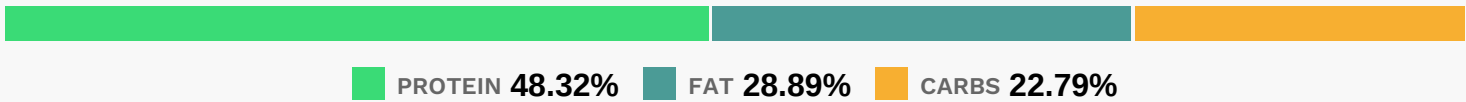
Equipment

Directions

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Toss everything and enjoy!

Nutrition Facts



Properties

Glycemic Index:54.27, Glycemic Load:1.58, Inflammation Score:-10, Nutrition Score:19.009130602298%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 168.37kcal (8.42%), Fat: 5.52g (8.49%), Saturated Fat: 1.4g (8.78%), Carbohydrates: 9.8g (3.27%), Net Carbohydrates: 6.61g (2.41%), Sugar: 6.04g (6.72%), Cholesterol: 52.5mg (17.5%), Sodium: 77.14mg (3.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.77g (41.55%), Vitamin A: 3712.77IU (74.26%), Vitamin C: 44.53mg (53.97%), Vitamin K: 53.48µg (50.93%), Vitamin B3: 6.62mg (33.09%), Selenium: 17.82µg (25.46%), Vitamin B6: 0.5mg (25%), Phosphorus: 203.46mg (20.35%), Folate: 79.03µg (19.76%), Manganese: 0.32mg (15.85%), Potassium: 521.29mg (14.89%), Vitamin B2: 0.23mg (13.52%), Fiber: 3.18g (12.74%), Vitamin B5: 1.16mg (11.55%), Iron: 2.03mg (11.25%), Magnesium: 43.59mg (10.9%), Vitamin B1: 0.16mg (10.82%), Zinc: 1.59mg (10.58%), Copper: 0.2mg (10.13%), Calcium: 45.79mg (4.58%), Vitamin E: 0.63mg (4.2%), Vitamin B12: 0.2µg (3.38%)