



Thai Chicken Broccoli Slaw

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



237 kcal

SIDE DISH

Ingredients

- ☐ 12 ounce broccoli coleslaw mix
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup satay sauce to taste tsang® such as House of
- ☐ 1 pinch salt to taste
- ☐ 1 teaspoon sesame oil to taste
- ☐ 2 large chicken breast halves boneless skinless cut into bite-size pieces
- ☐ 0.5 cup water

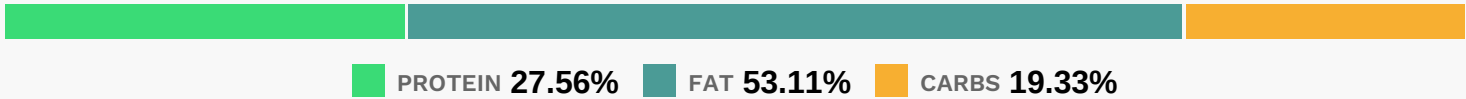
Equipment

☐ frying pan

Directions

- ☐ Heat olive oil in a skillet over medium-high heat; cook and stir chicken until no longer pink in the center and juices run clear, about 5 minutes.
- ☐ Add broccoli slaw mix, sesame oil, and water; simmer on medium-low heat until liquid is reduced and broccoli slaw is tender, about 15 minutes. Fold in peanut sauce and salt.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:13.880000031513%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 237.22kcal (11.86%), Fat: 13.93g (21.44%), Saturated Fat: 1.47g (9.21%), Carbohydrates: 11.41g (3.8%), Net Carbohydrates: 11.41g (4.15%), Sugar: 5.22g (5.8%), Cholesterol: 36.16mg (12.05%), Sodium: 517.32mg (22.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.27g (32.54%), Vitamin C: 79.94mg (96.9%), Vitamin B3: 6.44mg (32.18%), Selenium: 20.63µg (29.47%), Vitamin B6: 0.56mg (27.92%), Phosphorus: 174.78mg (17.48%), Folate: 62.64µg (15.66%), Potassium: 485.53mg (13.87%), Vitamin B5: 1.26mg (12.6%), Manganese: 0.2mg (10.16%), Vitamin B2: 0.16mg (9.28%), Magnesium: 36.25mg (9.06%), Vitamin E: 1.13mg (7.53%), Vitamin A: 357.14IU (7.14%), Vitamin B1: 0.09mg (6.1%), Iron: 1mg (5.54%), Zinc: 0.67mg (4.47%), Calcium: 44.61mg (4.46%), Vitamin K: 4.46µg (4.25%), Copper: 0.06mg (2.91%), Vitamin B12: 0.11µg (1.88%)