



Thai Chicken Salad



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



30

CALORIES



29 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup bell pepper strips red
- 0.5 cup matchlike carrot sticks thin
- 1 Tbsp creamy peanut butter
- 0.5 tsp pepper red crushed
- 0.3 cup 1/3 cup kraft zesty italian dressing italian kraft
- 0.3 cup planters roasted peanuts dry chopped
- 0.5 lb chicken breasts boneless skinless cooked cut into thin strips
- 1 Tbsp lite soy sauce

1 Tbsp sugar

Equipment

bowl

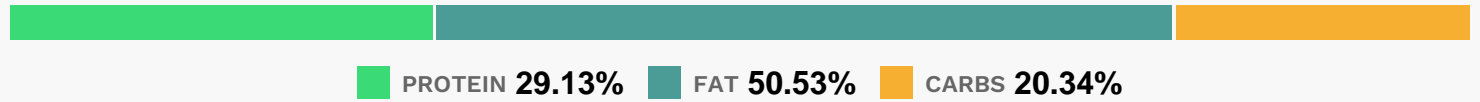
Directions

Mix peanut butter, sugar and crushed pepper in small bowl until blended. Stir in dressing and soy sauce.

Combine remaining ingredients in large bowl.

Add dressing mixture; toss to coat.

Nutrition Facts



Properties

Glycemic Index:5.93, Glycemic Load:0.4, Inflammation Score:-3, Nutrition Score:1.9669565125976%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 28.92kcal (1.45%), Fat: 1.66g (2.55%), Saturated Fat: 0.27g (1.71%), Carbohydrates: 1.5g (0.5%), Net Carbohydrates: 1.24g (0.45%), Sugar: 1.02g (1.13%), Cholesterol: 4.84mg (1.61%), Sodium: 77.75mg (3.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.15g (4.31%), Vitamin A: 447.24IU (8.94%), Vitamin B3: 1.12mg (5.58%), Vitamin C: 3.41mg (4.13%), Vitamin B6: 0.08mg (3.93%), Selenium: 2.63µg (3.75%), Phosphorus: 24.89mg (2.49%), Manganese: 0.05mg (2.26%), Vitamin K: 1.92µg (1.83%), Vitamin E: 0.25mg (1.65%), Potassium: 55.09mg (1.57%), Magnesium: 6.07mg (1.52%), Vitamin B5: 0.15mg (1.47%), Fiber: 0.26g (1.04%)