



 **52%**
HEALTH SCORE

Thai Chicken Salad

 Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



691 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons brown sugar packed
- 6 ounces chow mein noodles
- 0.3 cup creamy peanut butter
- 0.5 cup roasted peanuts
- 1 clove garlic finely chopped
- 1 tablespoon ginger grated
- 0.5 cup spring onion thinly sliced
- 1 Dash ground pepper red (cayenne)

- 4 cups lettuce shredded
- 0.3 cup soy sauce reduced-sodium
- 0.5 cup parsley fresh italian chopped
- 2 tablespoons rice vinegar
- 3 pound roasted chicken
- 2 tablespoons sesame oil

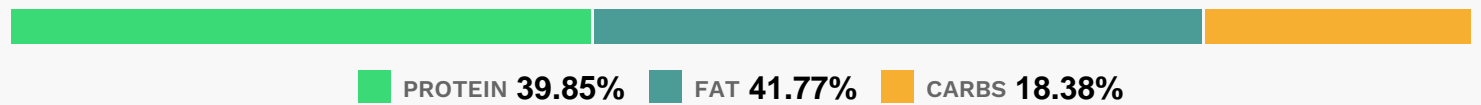
Equipment

- bowl
- whisk

Directions

- In small bowl, mix all sauce ingredients with wire whisk until smooth.
- Remove chicken from bones; cut into bite-size pieces (about 3 cups).
- In large bowl, toss lettuce, chicken, parsley and onions.
- Place lettuce mixture on center of large serving plate. Arrange noodles around edge of plate.
- Sprinkle peanuts over lettuce mixture.
- Drizzle sauce over salad.

Nutrition Facts



Properties

Glycemic Index:39.5, Glycemic Load:0.79, Inflammation Score:-8, Nutrition Score:30.291304422461%

Flavonoids

Apigenin: 10.84mg, Apigenin: 10.84mg, Apigenin: 10.84mg, Apigenin: 10.84mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 691.01kcal (34.55%), Fat: 31.84g (48.98%), Saturated Fat: 6.8g (42.49%), Carbohydrates: 31.52g (10.51%), Net Carbohydrates: 27.33g (9.94%), Sugar: 6.78g (7.53%), Cholesterol: 170.1mg (56.7%), Sodium: 838.98mg (36.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 68.35g (136.71%), Vitamin B3: 21.43mg (107.14%), Vitamin K: 111.51µg (106.2%), Selenium: 57.46µg (82.08%), Phosphorus: 553.78mg (55.38%), Vitamin B6: 1.07mg (53.28%), Manganese: 0.63mg (31.3%), Zinc: 4.22mg (28.12%), Iron: 4.94mg (27.43%), Vitamin B5: 2.6mg (26.02%), Magnesium: 102.16mg (25.54%), Vitamin B2: 0.41mg (24.38%), Potassium: 842.8mg (24.08%), Folate: 67.64µg (16.91%), Vitamin A: 845.21IU (16.9%), Fiber: 4.19g (16.76%), Vitamin B1: 0.23mg (15.21%), Copper: 0.29mg (14.64%), Vitamin C: 9.79mg (11.86%), Vitamin B12: 0.66µg (10.96%), Vitamin E: 1.27mg (8.44%), Calcium: 74.13mg (7.41%)