



Thai Chicken Salad with Peanut Dressing



Gluten Free



Dairy Free

READY IN



17 min.

SERVINGS



4

CALORIES



250 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 1 cup carrots shredded
- ☐ 0.8 cup celery sliced
- ☐ 2 cups rotisserie chicken breast shredded boneless skinless
- ☐ 2 tablespoons creamy peanut butter
- ☐ 2 tablespoons dry-roasted peanuts unsalted coarsely chopped
- ☐ 2 cups bean sprouts fresh
- ☐ 0.1 teaspoon ground pepper red

- ☐ 0.7 cup coconut milk light
- ☐ 1 tablespoon juice of lime fresh
- ☐ 2 tablespoons lower-sodium soy sauce
- ☐ 6 cups torn romaine lettuce

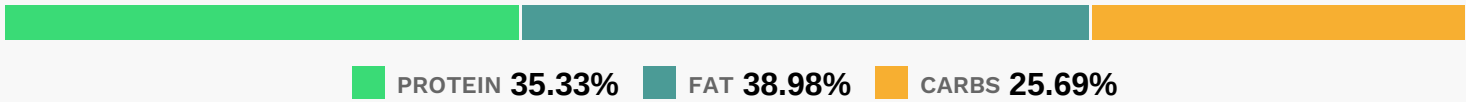
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Combine first 5 ingredients in a large bowl.
- ☐ Combine coconut milk and next 5 ingredients (through red pepper) in a small saucepan; bring to a boil. Reduce heat, and simmer for 5 minutes or until mixture thickens slightly, stirring occasionally.
- ☐ Remove from heat, and cool for 2 minutes.
- ☐ Pour warm coconut milk mixture over lettuce mixture.
- ☐ Sprinkle with peanuts; serve with lime wedges, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:31.21, Glycemic Load:1.3, Inflammation Score:-10, Nutrition Score:25.736956306126%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 250.44kcal (12.52%), Fat: 11.15g (17.16%), Saturated Fat: 3.91g (24.41%), Carbohydrates: 16.54g (5.51%), Net Carbohydrates: 12.01g (4.37%), Sugar: 8.62g (9.57%), Cholesterol: 48mg (16%), Sodium: 505.67mg (21.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.75g (45.5%), Vitamin A: 11632.8IU (232.66%), Vitamin K: 99.44µg (94.71%), Vitamin B3: 10.72mg (53.62%), Folate: 160.67µg (40.17%), Vitamin B6: 0.78mg (39.16%), Selenium: 25.49µg (36.41%), Phosphorus: 283.05mg (28.31%), Manganese: 0.56mg (27.82%), Potassium: 802.47mg (22.93%), Magnesium: 74.32mg (18.58%), Fiber: 4.53g (18.13%), Vitamin C: 14.23mg (17.25%), Vitamin B5: 1.69mg (16.89%), Vitamin B2: 0.26mg (15.06%), Vitamin B1: 0.2mg (13.25%), Copper: 0.23mg (11.68%), Iron: 1.96mg (10.88%), Vitamin E: 1.34mg (8.91%), Zinc: 1.28mg (8.56%), Calcium: 66.34mg (6.63%), Vitamin B12: 0.15µg (2.5%)