



 **80%**  
HEALTH SCORE

## Thai Chicken Salad with Peanuts and Lime

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**10 min.**

SERVINGS



**4**

CALORIES



**299 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 chicken breast halves cooked
- 1 cup cucumber diced
- 0.3 cup roasted peanuts dry
- 2 tablespoon juice of lime fresh
- 1 cup chicken broth reduced-sodium
- 1 tablespoon soya sauce reduced-sodium
- 4 cups romaine lettuce chopped
- 0.5 cup scallions chopped

- 2 teaspoons sesame oil
- 2 tablespoons smooth peanut butter
- 1 cup tomatoes diced

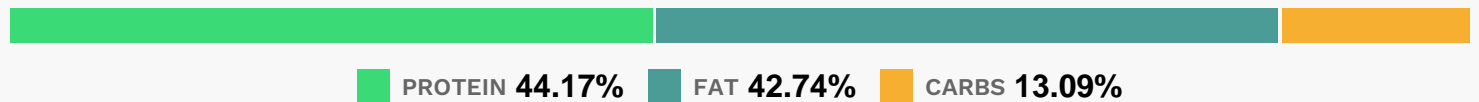
## Equipment

- bowl
- whisk

## Directions

- Watch how to make this recipe.
- Using a fork, pull chicken meat from bone in shreds.
- Place lettuce in a large bowl (or divide onto individual dishes). Top lettuce with chicken, cucumber, tomato, and scallions.
- In a small bowl, whisk together broth, peanut butter, soy sauce, lime juice, and sesame oil.
- Pour mixture over salad. Top with peanuts just before serving.

## Nutrition Facts



## Properties

Glycemic Index:24.75, Glycemic Load:0.84, Inflammation Score:-10, Nutrition Score:24.396956290888%

## Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg

## Nutrients (% of daily need)

Calories: 298.65kcal (14.93%), Fat: 14.48g (22.28%), Saturated Fat: 2.83g (17.68%), Carbohydrates: 9.98g (3.33%), Net Carbohydrates: 6.75g (2.46%), Sugar: 3.81g (4.24%), Cholesterol: 73.1mg (24.37%), Sodium: 306.54mg (13.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.67g (67.34%), Vitamin A: 4574.37IU (91.49%), Vitamin B3: 15.52mg (77.59%), Vitamin K: 79.99µg (76.18%), Selenium: 25.26µg (36.09%), Vitamin B6: 0.7mg (34.98%),

Phosphorus: 317.27mg (31.73%), Folate: 104.09µg (26.02%), Manganese: 0.51mg (25.25%), Potassium: 682.4mg (19.5%), Magnesium: 76.26mg (19.07%), Vitamin C: 12.65mg (15.33%), Fiber: 3.22g (12.89%), Vitamin B2: 0.22mg (12.77%), Vitamin B5: 1.26mg (12.57%), Vitamin E: 1.83mg (12.17%), Iron: 2.18mg (12.11%), Copper: 0.23mg (11.42%), Zinc: 1.7mg (11.31%), Vitamin B1: 0.15mg (10.25%), Calcium: 59.76mg (5.98%), Vitamin B12: 0.35µg (5.86%)