



Thai Chicken Salad with Rice Noodles

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



523 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bell pepper red
- ☐ 1 cup carrots grated
- ☐ 3 chicken breast halves shredded
- ☐ 1.3 teaspoons chili paste depending on your taste pref hot (such as sambal oelek)
- ☐ 2 medium cucumber halved lengthwise thinly sliced
- ☐ 2 teaspoons ginger fresh peeled chopped
- ☐ 4 large garlic clove
- ☐ 0.3 cup juice of lime fresh

- ☐ 3 cups napa cabbage shredded
- ☐ 0.5 cup onion red thinly sliced
- ☐ 4.5 ounces vermicelli (maifun)
- ☐ 0.3 cup roasted peanuts salted coarsely chopped
- ☐ 1 tablespoon creamy peanut butter
- ☐ 0.3 cup soya sauce
- ☐ 2 tablespoons sugar
- ☐ 0.3 cup vegetable oil

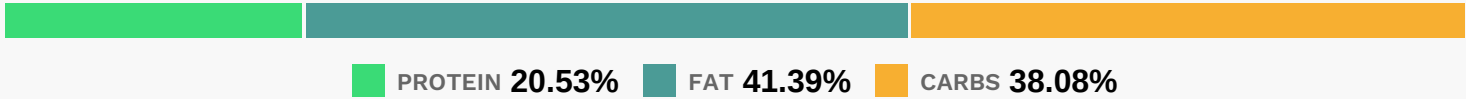
Equipment

- ☐ bowl
- ☐ pot
- ☐ blender
- ☐ kitchen scissors

Directions

- ☐ Cook noodles in small pot of boiling salted water until tender, about 3 minutes.
- ☐ Drain; cut noodles in several places with scissors.
- ☐ Spread out on platter.
- ☐ Puree next 7 ingredients in blender. With machine running, gradually add oil and blend until dressing is smooth. Season to taste with salt and pepper.
- ☐ Combine chicken, cabbage, carrot, pepper, onion, and cucumbers in large bowl. Toss with enough dressing to coat. Arrange atop noodles, sprinkle with peanuts, and serve, passing remaining dressing alongside.
- ☐ *Available in the Asian foods section of some supermarkets, at Asian markets, and from amazon.com.
- ☐ One serving contains the following: Calories (kcal) 566.95, % Calories from Fat 40.8, Fat (g) 25.93, Saturated Fat (g) 3.94, Cholesterol (mg) 54.82, Carbohydrates (g) 52.96, Dietary Fiber (g) 5.95, Total Sugars (g) 16.00, Net Carbs (g) 47.02, Protein (g) 30.05
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:88.73, Glycemic Load:22.28, Inflammation Score:-10, Nutrition Score:31.810869457929%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.37mg, Quercetin: 4.37mg, Quercetin: 4.37mg, Quercetin: 4.37mg

Nutrients (% of daily need)

Calories: 523.2kcal (26.16%), Fat: 24.57g (37.8%), Saturated Fat: 4.02g (25.11%), Carbohydrates: 50.86g (16.95%), Net Carbohydrates: 45.38g (16.5%), Sugar: 13.3g (14.78%), Cholesterol: 54.24mg (18.08%), Sodium: 1069.09mg (46.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.42g (54.83%), Vitamin A: 6805.12IU (136.1%), Vitamin C: 77.96mg (94.49%), Vitamin B3: 12.88mg (64.41%), Vitamin K: 63.25µg (60.24%), Vitamin B6: 1.13mg (56.32%), Selenium: 34.25µg (48.92%), Manganese: 0.94mg (47.02%), Phosphorus: 379.15mg (37.92%), Folate: 114.21µg (28.55%), Potassium: 999.07mg (28.54%), Magnesium: 91.62mg (22.91%), Fiber: 5.48g (21.91%), Vitamin B5: 2.07mg (20.66%), Vitamin E: 2.6mg (17.3%), Vitamin B1: 0.23mg (15.59%), Copper: 0.3mg (15.2%), Vitamin B2: 0.25mg (14.61%), Zinc: 1.7mg (11.32%), Iron: 2.02mg (11.21%), Calcium: 111.52mg (11.15%), Vitamin B12: 0.17µg (2.82%)