



Thai Ginger Chicken Salad

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup basil divided loosely packed coarsely chopped ()
- 6 servings boston lettuce leaves
- 2 cups cilantro leaves divided loosely packed coarsely chopped ()
- 0.5 cup fish sauce gluten-free (such as Thai Kitchen brand)
- 2 teaspoons ginger fresh peeled chopped
- 0.5 garlic clove chopped
- 1 tablespoon lemon grass fresh peeled chopped
- 0.5 cup juice of lime fresh

- 1 cup mint leaves divided loosely packed coarsely chopped ()
- 12 ounces vermicelli (maifun)
- 2 tablespoons shallots finely chopped
- 1 pound chicken breast boneless skinless cut into 1/2" cubes
- 0.3 cup sugar
- 2 thai chile sliced
- 2 tablespoons vegetable oil ()

Equipment

- bowl
- whisk
- pot

Directions

- Whisk first 4 ingredients, 2 teaspoons ginger, and garlic in a small bowl until sugar dissolves. Set dressing aside.
- Cook noodles in a large pot of boiling salted water until tender but still firm to the bite, 2–4 minutes.
- Drain; put in a large bowl.
- Meanwhile, heat 2 tablespoons oil in a large skillet.
- Add chicken; stir 1 minute.
- Add 1 tablespoons ginger, shallot, and lemongrass. Stir until chicken is cooked through, 3–4 minutes.
- Add to noodles.
- Add half of all herbs and half of dressing; toss to coat.
- Line bowls with lettuce leaves. Divide noodle mixture among bowls. Top with remaining herbs and dressing.
- calories, 7 grams fat, 60 grams carbohydrate
- Bon Appétit

Nutrition Facts

PROTEIN 20.59% FAT 16.41% CARBS 63%

Properties

Glycemic Index:50.85, Glycemic Load:32.88, Inflammation Score:-7, Nutrition Score:16.269130603127%

Flavonoids

Eriodictyol: 2.76mg, Eriodictyol: 2.76mg, Eriodictyol: 2.76mg, Eriodictyol: 2.76mg Hesperetin: 2.57mg, Hesperetin: 2.57mg, Hesperetin: 2.57mg, Hesperetin: 2.57mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.42mg, Apigenin: 0.42mg, Apigenin: 0.42mg, Apigenin: 0.42mg Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 388.59kcal (19.43%), Fat: 6.99g (10.76%), Saturated Fat: 1.23g (7.71%), Carbohydrates: 60.41g (20.14%), Net Carbohydrates: 58.45g (21.26%), Sugar: 9.76g (10.84%), Cholesterol: 48.38mg (16.13%), Sodium: 1714.68mg (74.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.74g (39.49%), Selenium: 34.74µg (49.63%), Vitamin B3: 8.74mg (43.72%), Vitamin K: 42.94µg (40.9%), Vitamin B6: 0.7mg (35.14%), Manganese: 0.56mg (28.13%), Phosphorus: 264.2mg (26.42%), Vitamin A: 969.69IU (19.39%), Magnesium: 73.78mg (18.45%), Vitamin C: 14.46mg (17.53%), Potassium: 485.14mg (13.86%), Vitamin B5: 1.23mg (12.33%), Iron: 1.59mg (8.85%), Folate: 33.98µg (8.49%), Vitamin B2: 0.14mg (8.02%), Fiber: 1.95g (7.81%), Zinc: 1.1mg (7.32%), Copper: 0.14mg (7.09%), Vitamin B1: 0.09mg (5.94%), Calcium: 56.95mg (5.69%), Vitamin E: 0.74mg (4.91%), Vitamin B12: 0.24µg (4.07%)