



# Thai Salad with Whole Grain Brown Rice and Chicken

 **Gluten Free**  **Dairy Free**

READY IN



**60 min.**

SERVINGS



**6**

CALORIES



**641 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 3 cups meat from a rotisserie chicken cooked cut into 1/2-inch cubes
- 2 cucumbers
- 0.5 cup basil fresh cut into strips
- 1.5 tablespoons garlic minced
- 1.5 tablespoons ginger grated
- 1.5 cups uncle ben's® natural grain brown rice whole uncooked ( )
- 0.8 cup peanut butter

- 0.5 poblano chile seeded chopped
- 0.5 cup onion red finely chopped
- 0.5 cup rice vinegar
- 0.3 cup lite soy sauce
- 6 ounces pkt spinach fresh cut into strips
- 1.5 tablespoons sugar
- 0.3 cup vegetable oil

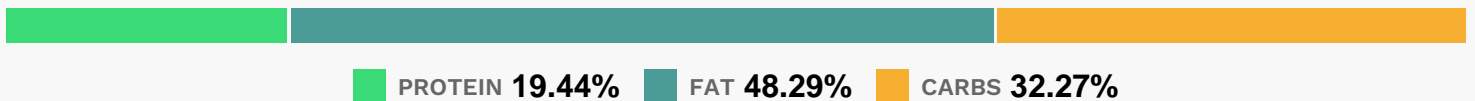
## Equipment

- bowl
- whisk

## Directions

- Cook the rice according to package directions, set aside and chill.
- Whisk the peanut butter, vinegar, oil, soy sauce, sugar, ginger, garlic, and poblano peppers in a small bowl, set aside.
- Cut the cucumbers in half lengthwise before cutting them into 1/2-inch slices.
- Combine the rice with cucumber, dressing, chicken, and onion. Cover and chill.
- Just before serving, toss the salad with the spinach and basil.

## Nutrition Facts



## Properties

Glycemic Index:58.02, Glycemic Load:3.88, Inflammation Score:-10, Nutrition Score:33.653912958891%

## Flavonoids

Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

## Nutrients (% of daily need)

Calories: 641.41kcal (32.07%), Fat: 34.94g (53.76%), Saturated Fat: 6.69g (41.82%), Carbohydrates: 52.55g (17.52%), Net Carbohydrates: 47.45g (17.26%), Sugar: 9.36g (10.4%), Cholesterol: 52.5mg (17.5%), Sodium: 940.39mg (40.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.64g (63.29%), Vitamin K: 176.5µg (168.09%), Manganese: 2.71mg (135.45%), Vitamin B3: 13.02mg (65.1%), Vitamin A: 2901.67IU (58.03%), Phosphorus: 460.86mg (46.09%), Magnesium: 179.96mg (44.99%), Selenium: 30.34µg (43.35%), Vitamin B6: 0.87mg (43.33%), Vitamin E: 5.15mg (34.34%), Folate: 116.94µg (29.24%), Vitamin C: 21.2mg (25.69%), Potassium: 825.33mg (23.58%), Vitamin B1: 0.35mg (23.4%), Copper: 0.46mg (22.98%), Zinc: 3.28mg (21.84%), Vitamin B5: 2.07mg (20.66%), Fiber: 5.1g (20.39%), Iron: 3.56mg (19.78%), Vitamin B2: 0.32mg (18.64%), Calcium: 92.29mg (9.23%), Vitamin B12: 0.2µg (3.38%)