



Thai Shredded Chicken and Strawberry Salad



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



4

CALORIES



446 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 cups basil fresh packed
- ☐ 2 teaspoons canola oil
- ☐ 0.5 cup cilantro leaves packed
- ☐ 1.5 tablespoons fish sauce
- ☐ 2 tablespoons jalapeno minced seeded
- ☐ 0.8 cup juice of lime
- ☐ 1.5 cups mint leaves fresh packed
- ☐ 1 quart strawberries hulled quartered

- ☐ 2 tablespoons sugar
- ☐ 0.8 cup coconut flakes unsweetened flaked
- ☐ 1.5 pounds chicken breast

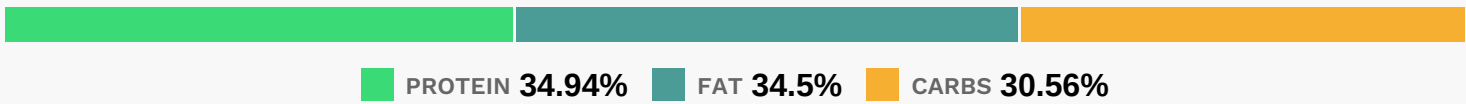
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat 4 qts. water to boiling in a 5- to 6-qt. pan.
- ☐ Add chicken, cover, and remove from heat.
- ☐ Let stand until chicken is no longer pink in center, 20 to 30 minutes.
- ☐ Transfer chicken to a plate and let cool.
- ☐ Preheat oven to 35
- ☐ Toast coconut in a pan until light golden, 4 minutes.
- ☐ Let cool.
- ☐ Combine lime juice, sugar, fish sauce, chiles, and oil in a large bowl. Tear chicken into bite-size shreds; toss with dressing. Just before serving, gently mix in herbs and berries. Pile on plates and top with coconut.
- ☐ Shortcut: Use 4 cups shredded meat from a 2 1/2-lb. rotisserie chicken (don't poach).
- ☐ *Buy unsweetened flaked coconut in the baking aisle or at a health-food store.

Nutrition Facts



Properties

Glycemic Index:61.02, Glycemic Load:9.72, Inflammation Score:-9, Nutrition Score:36.956521899804%

Flavonoids

Cyanidin: 3.97mg, Cyanidin: 3.97mg, Cyanidin: 3.97mg, Cyanidin: 3.97mg Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 58.79mg, Pelargonidin: 58.79mg, Pelargonidin: 58.79mg, Pelargonidin: 58.79mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 7.36mg, Catechin: 7.36mg, Catechin: 7.36mg, Catechin: 7.36mg Epigallocatechin: 1.85mg, Epigallocatechin: 1.85mg, Epigallocatechin: 1.85mg, Epigallocatechin: 1.85mg Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg Epicatechin 3–gallate: 0.35mg, Epicatechin 3–gallate: 0.35mg, Epicatechin 3–gallate: 0.35mg, Epicatechin 3–gallate: 0.35mg Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg Eriodictyol: 6.21mg, Eriodictyol: 6.21mg, Eriodictyol: 6.21mg, Eriodictyol: 6.21mg Hesperetin: 5.78mg, Hesperetin: 5.78mg, Hesperetin: 5.78mg, Hesperetin: 5.78mg Naringenin: 0.79mg, Naringenin: 0.79mg, Naringenin: 0.79mg, Naringenin: 0.79mg Apigenin: 0.91mg, Apigenin: 0.91mg, Apigenin: 0.91mg, Apigenin: 0.91mg Luteolin: 2.24mg, Luteolin: 2.24mg, Luteolin: 2.24mg, Luteolin: 2.24mg Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 445.81kcal (22.29%), Fat: 17.71g (27.24%), Saturated Fat: 10.32g (64.52%), Carbohydrates: 35.29g (11.76%), Net Carbohydrates: 26.02g (9.46%), Sugar: 20.09g (22.33%), Cholesterol: 108.86mg (36.29%), Sodium: 743.15mg (32.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.35g (80.71%), Vitamin C: 171.46mg (207.83%), Vitamin B3: 19.46mg (97.29%), Manganese: 1.72mg (85.9%), Selenium: 59.1µg (84.42%), Vitamin B6: 1.55mg (77.36%), Vitamin K: 52.23µg (49.74%), Phosphorus: 473.91mg (47.39%), Potassium: 1302.12mg (37.2%), Fiber: 9.27g (37.08%), Magnesium: 125.67mg (31.42%), Vitamin B5: 3.02mg (30.22%), Vitamin A: 1510.33IU (30.21%), Folate: 101.62µg (25.41%), Copper: 0.4mg (20.03%), Iron: 3.42mg (19.01%), Vitamin B2: 0.31mg (18.24%), Vitamin B1: 0.21mg (13.91%), Zinc: 1.97mg (13.13%), Vitamin E: 1.92mg (12.8%), Calcium: 118.99mg (11.9%), Vitamin B12: 0.37µg (6.21%), Vitamin D: 0.17µg (1.13%)