



 **33%**
HEALTH SCORE

Thai Style Chicken Salad

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

READY IN



135 min.

SERVINGS



4

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

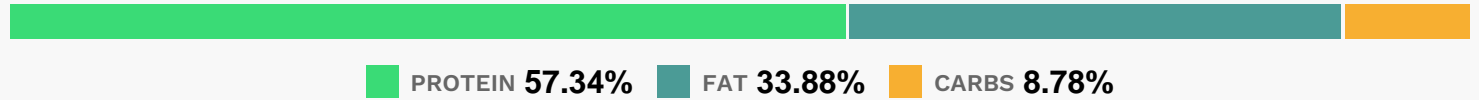
Ingredients

- 1 tablespoon apple cider vinegar
- 4 chicken breast cut into strips
- 1 clove garlic crushed
- 1 teaspoon ginger grated
- 0.5 bell pepper green sliced
- 2 tablespoons cooking oil
- 2 tablespoons parsley chopped
- 0.5 bell pepper red sliced

- 8 snow peas
- 2 tablespoons soya sauce
- 3 spring onion sliced
- 2 tablespoons chilli sauce sweet

Equipment

Nutrition Facts



Properties

Glycemic Index:51.5, Glycemic Load:0.55, Inflammation Score:-7, Nutrition Score:27.647826086957%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 356.02kcal (17.8%), Fat: 13.03g (20.04%), Saturated Fat: 1.82g (11.39%), Carbohydrates: 7.6g (2.53%), Net Carbohydrates: 6.53g (2.38%), Sugar: 5.54g (6.15%), Cholesterol: 144.64mg (48.21%), Sodium: 853.96mg (37.13%), Protein: 49.61g (99.21%), Vitamin B3: 24.24mg (121.19%), Selenium: 72.59µg (103.7%), Vitamin B6: 1.81mg (90.4%), Vitamin K: 59.22µg (56.4%), Phosphorus: 500.31mg (50.03%), Vitamin C: 39.52mg (47.91%), Vitamin B5: 3.35mg (33.51%), Potassium: 960.44mg (27.44%), Magnesium: 69.5mg (17.38%), Vitamin A: 868.59IU (17.37%), Vitamin B2: 0.27mg (15.78%), Vitamin E: 2.02mg (13.46%), Vitamin B1: 0.18mg (11.85%), Zinc: 1.48mg (9.87%), Iron: 1.49mg (8.26%), Manganese: 0.16mg (7.96%), Vitamin B12: 0.45µg (7.53%), Folate: 28.71µg (7.18%), Copper: 0.1mg (5.06%), Fiber: 1.07g (4.26%), Calcium: 27.43mg (2.74%), Vitamin D: 0.23µg (1.51%)