

health-score 63%

HEALTH SCORE

Thai-Vietnamese Salad Bar Supreme

 Dairy Free  Very Healthy

READY IN

ready

40 min.

SERVINGS

servings

6

CALORIES

calories

686 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup apple juice concentrate white
- ☐ 10 ounces sack baby greens mixed
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 2 cups carrots shredded
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 4 to 8 chicken cutlets thin cut
- ☐ 2 teaspoons chili oil hot
- ☐ 0.5 cucumber seedless sliced in 1/2 lengthwise, thinly sliced

- ☐ 1 cup daikon red thinly sliced
- ☐ 1 bunch basil leaves fresh trimmed
- ☐ 2 cups bean sprouts fresh
- ☐ 2 inches ginger root fresh grated
- ☐ 1 bunch mint leaves fresh trimmed
- ☐ 2 cloves garlic finely chopped
- ☐ 1 pint grape tomatoes red yellow
- ☐ 0.3 cup pepper jelly
- ☐ 1 lime ripe
- ☐ 1 pound mahi-mahi
- ☐ 1 tablespoon nuts chopped from salad bar
- ☐ 4 ounce nuts chopped
- ☐ 3 tablespoons peanut butter
- ☐ 1 onion red thinly sliced quartered
- ☐ 3 tablespoons rice wine vinegar
- ☐ 3 hearts romaine lettuce chopped
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 8 scallions sliced
- ☐ 0.3 cup tamari soy sauce dark
- ☐ 8 slices anisette toast cut into 1-inch pieces recommended: Stella D'Oro
- ☐ 0.5 cup vegetable oil
- ☐ 2 tablespoons vegetable oil

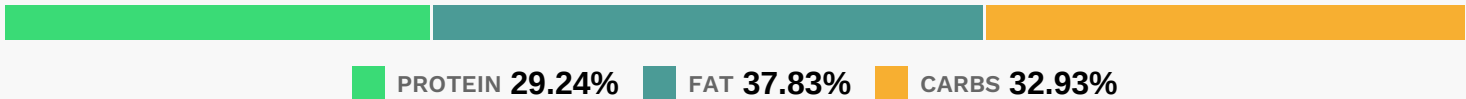
Equipment

- ☐ bowl
- ☐ whisk
- ☐ blender
- ☐ grill
- ☐ grill pan

Directions

- ☐ Arrange salad bar ingredients in serving dishes and bowls as you prep them: romaine, baby mixed greens, bean sprouts, daikon radishes, carrots, scallions, cucumbers, tomatoes, red onions, mint leaves, basil leaves, nuts and sweet almond or anise "croutons".
- ☐ Heat a grill pan over medium high heat.
- ☐ Combine soy and oil in a shallow dish.
- ☐ Add chicken and turn to coat. Season chicken with salt and pepper.
- ☐ Drizzle fish with oil and season with salt and pepper. Grill chicken 3 minutes on each side.
- ☐ Cut chicken into strips on an angle and pile onto a serving plate. Grill fish 4 to 5 minutes on each side, until opaque. Squeeze lime over the fish and break into chunks as you transfer it to a serving plate.
- ☐ Combine all ingredients, except oil, for peanut dressing in a blender. Blend for 30 seconds, then open lid and continue dressing by streaming in oil.
- ☐ Transfer dressing to a serving dish and sprinkle the dressing with a spoonful of nuts from your salad bar to garnish the dish.
- ☐ For garlic dressing, whisk vinegar, jelly, garlic, black pepper and chili oil together. Stream in vegetable oil while continuing to whisk. When the oil is incorporated, transfer dressing to a small dish to serve.

Nutrition Facts



Properties

Glycemic Index:102.03, Glycemic Load:11.7, Inflammation Score:-10, Nutrition Score:44.98478254028%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Petunidin: 0.22mg, Petunidin: 0.22mg, Petunidin: 0.22mg, Petunidin: 0.22mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 2.36mg, Malvidin: 2.36mg, Malvidin: 2.36mg, Malvidin: 2.36mg Pelargonidin: 12.21mg, Pelargonidin: 12.21mg, Pelargonidin: 12.21mg, Pelargonidin: 12.21mg Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 4.87mg, Hesperetin: 4.87mg, Hesperetin: 4.87mg, Hesperetin: 4.87mg

Naringenin: 0.92mg, Naringenin: 0.92mg, Naringenin: 0.92mg, Naringenin: 0.92mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 6.56mg, Quercetin: 6.56mg, Quercetin: 6.56mg, Quercetin: 6.56mg

Nutrients (% of daily need)

Calories: 686.13kcal (34.31%), Fat: 29.45g (45.31%), Saturated Fat: 4.73g (29.57%), Carbohydrates: 57.7g (19.23%), Net Carbohydrates: 49.57g (18.03%), Sugar: 22.44g (24.93%), Cholesterol: 128.01mg (42.67%), Sodium: 1016.99mg (44.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.22g (102.44%), Vitamin A: 10086.64IU (201.73%), Vitamin B3: 21.75mg (108.75%), Selenium: 74.89µg (106.99%), Vitamin K: 98.81µg (94.11%), Vitamin B6: 1.58mg (79.07%), Manganese: 1.27mg (63.62%), Phosphorus: 615.38mg (61.54%), Vitamin C: 44.73mg (54.22%), Potassium: 1682.88mg (48.08%), Magnesium: 169.13mg (42.28%), Folate: 160.81µg (40.2%), Copper: 0.66mg (32.87%), Fiber: 8.13g (32.51%), Vitamin B5: 3.22mg (32.19%), Vitamin B2: 0.51mg (30.13%), Iron: 5.27mg (29.26%), Vitamin B1: 0.42mg (27.92%), Zinc: 3.02mg (20.17%), Vitamin E: 2.85mg (19.02%), Calcium: 152.57mg (15.26%), Vitamin B12: 0.69µg (11.44%)