



Twig Salad

 Dairy Free

READY IN

ready

25 min.

SERVINGS

servings

6

CALORIES

calories

403 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2.3 ounce blanched slivered almonds
- ☐ 1 pound rotisserie chicken breast meat cooked chopped
- ☐ 5 ounce chow mein noodles canned
- ☐ 4 green onions chopped
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1.5 heads iceberg lettuce
- ☐ 2 teaspoons poppy seeds
- ☐ 0.5 teaspoon salt

- ☐ 0.3 cup sesame seed lightly toasted
- ☐ 1 teaspoon herb and spice blend salt-free
- ☐ 0.5 cup vegetable oil
- ☐ 0.3 cup sugar white
- ☐ 0.3 cup vinegar white

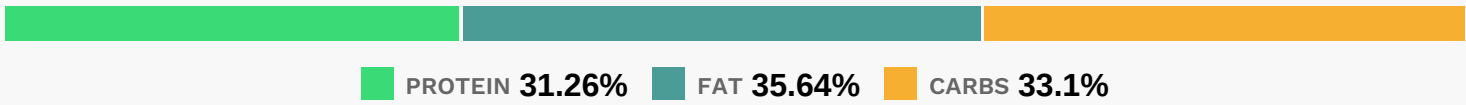
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In small bowl, whisk together the oil, sugar, vinegar, salt, seasoning blend, and pepper. Set aside.
- ☐ In a large bowl, combine the lettuce, chicken, chow mein noodles, almonds, sesame seeds, green onions, and poppy seeds. Toss to blend.
- ☐ Pour salad dressing over the salad just before serving.

Nutrition Facts



Properties

Glycemic Index:43.52, Glycemic Load:6.98, Inflammation Score:-7, Nutrition Score:20.64086959673%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

Nutrients (% of daily need)

Calories: 402.82kcal (20.14%), Fat: 16.13g (24.81%), Saturated Fat: 2.26g (14.12%), Carbohydrates: 33.7g (11.23%), Net Carbohydrates: 28.25g (10.27%), Sugar: 12.16g (13.51%), Cholesterol: 64.26mg (21.42%), Sodium: 415.63mg (18.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.83g (63.66%), Vitamin K: 61.19µg (58.27%), Vitamin B3: 11.28mg (56.38%), Selenium: 23.82µg (34.03%), Manganese: 0.67mg (33.41%), Phosphorus: 303.2mg (30.32%),

Vitamin B6: 0.59mg (29.4%), Vitamin E: 3.5mg (23.31%), Copper: 0.47mg (23.28%), Magnesium: 89.33mg (22.33%), Fiber: 5.45g (21.79%), Iron: 3.89mg (21.62%), Vitamin A: 787.82IU (15.76%), Calcium: 156.09mg (15.61%), Folate: 61.27µg (15.32%), Potassium: 523.99mg (14.97%), Vitamin B2: 0.22mg (13.2%), Vitamin B1: 0.19mg (12.83%), Zinc: 1.89mg (12.63%), Vitamin B5: 0.91mg (9.07%), Vitamin C: 5.31mg (6.43%), Vitamin B12: 0.26µg (4.28%)