



Vietnamese Cabbage-and-Chicken Salad

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons asian fish sauce (nam pla or nuoc mam)
- ☐ 3 carrots grated
- ☐ 2 tablespoons cider vinegar
- ☐ 1 inch ginger fresh
- ☐ 2.5 pounds cabbage shredded green ()
- ☐ 0.5 jalapeno sliced
- ☐ 1.5 tablespoons juice of lime
- ☐ 3 radishes grated

- ☐ 3 teaspoons salt
- ☐ 4 scallions including tops green chopped
- ☐ 2 tablespoons asian sesame oil
- ☐ 1 pound chicken breasts boneless skinless (3)
- ☐ 1 baking apples are apples that have a sweet-tart balance and hold their shape when such as granny smith, cored and grated
- ☐ 2 cups water
- ☐ 2 cups a combination
- ☐ 2 cups a combination

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ aluminum foil

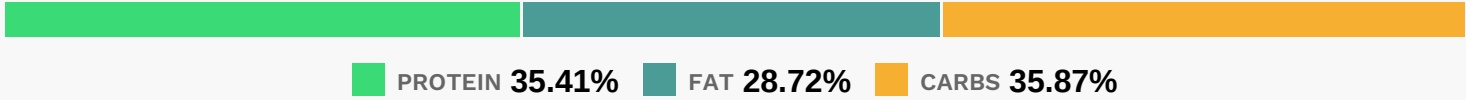
Directions

- ☐ Rub the chicken breasts with 1 teaspoon of the salt and 1 tablespoon of the sesame oil. In a medium saucepan, combine the jalapeo, ginger, and water. Bring to a simmer, add the chicken, and cover the pan. Simmer for 5 minutes. Turn the heat off and let the chicken steam for 5 minutes.
- ☐ Remove the chicken breasts from the saucepan; when they are cool enough to handle, pull them into shreds.
- ☐ Meanwhile, in a large glass or stainless-steel bowl, combine the cabbage with the vinegar, fish sauce, lime juice, and the remaining 2 teaspoons salt. Toss and let stand for 10 minutes.
- ☐ Add the carrots, radishes, scallions, 1 1/2 cups of the herbs, and the apple to the cabbage mixture. Stir in the remaining 1 tablespoon sesame oil.
- ☐ Serve the salad topped with the chicken and the remaining 1/2 cup herbs.
- ☐ Wine Recommendation: German rieslings, so often shunned at the table because of their sweetness, can be a sublime match for Asian cuisine. That sweetness acts as a foil to both the heat and the saltiness of the dishes. For this Asian salad, go with a kabinett from

Germany's Mosel-Saar-Ruwer region for best effect.

☐ Notes: Asian fish sauce is available at Asian markets and most supermarkets.

Nutrition Facts



Properties

Glycemic Index:68.46, Glycemic Load:7.52, Inflammation Score:-10, Nutrition Score:35.105217342791%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Pelargonidin: 1.89mg, Pelargonidin: 1.89mg, Pelargonidin: 1.89mg, Pelargonidin: 1.89mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg

Nutrients (% of daily need)

Calories: 316.8kcal (15.84%), Fat: 10.46g (16.09%), Saturated Fat: 1.77g (11.07%), Carbohydrates: 29.38g (9.79%), Net Carbohydrates: 19.46g (7.07%), Sugar: 16.86g (18.74%), Cholesterol: 72.57mg (24.19%), Sodium: 2674.98mg (116.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.01g (58.03%), Vitamin K: 248.91µg (237.06%), Vitamin A: 8122.02IU (162.44%), Vitamin C: 116.51mg (141.22%), Vitamin B6: 1.34mg (67%), Vitamin B3: 13.3mg (66.52%), Selenium: 38.13µg (54.47%), Fiber: 9.93g (39.71%), Folate: 150.74µg (37.69%), Phosphorus: 340.97mg (34.1%), Potassium: 1186.65mg (33.9%), Manganese: 0.62mg (31.2%), Vitamin B5: 2.41mg (24.1%), Magnesium: 92.79mg (23.2%), Vitamin B1: 0.29mg (19.6%), Vitamin B2: 0.28mg (16.69%), Calcium: 156.59mg (15.66%), Iron: 2.25mg (12.51%), Zinc: 1.4mg (9.34%), Vitamin E: 1.27mg (8.45%), Copper: 0.16mg (8.02%), Vitamin B12: 0.27µg (4.5%)