



Vietnamese Chicken Cabbage Salad



Gluten Free



Dairy Free

READY IN



255 min.

SERVINGS



6

CALORIES



212 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 head cabbage shredded cored
- ☐ 2 cups chicken breast shredded cooked
- ☐ 3 tablespoons juice of lemon to taste
- ☐ 0.3 cup olive oil
- ☐ 2 onions halved thinly sliced
- ☐ 6 servings salt and pepper to taste

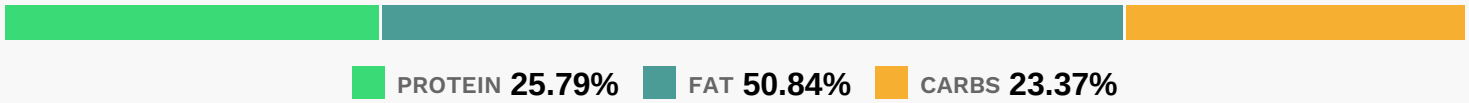
Equipment

- ☐ bowl

Directions

- ☐ In a large bowl, toss together the cabbage, onions, and chicken. Toss with olive oil until everything is lightly coated. Season with salt and pepper and continue to toss while adding lemon juice.
- ☐ Add enough lemon juice so that you can taste it in every bite. Cover and refrigerate for at least 4 hours before serving. The longer it sets the more the flavors mesh together and the better it tastes!

Nutrition Facts



Properties

Glycemic Index:11.83, Glycemic Load:2.95, Inflammation Score:-6, Nutrition Score:16.803913033527%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.89mg, Quercetin: 7.89mg, Quercetin: 7.89mg, Quercetin: 7.89mg

Nutrients (% of daily need)

Calories: 211.64kcal (10.58%), Fat: 12.3g (18.92%), Saturated Fat: 2.16g (13.48%), Carbohydrates: 12.72g (4.24%), Net Carbohydrates: 8.29g (3.01%), Sugar: 6.59g (7.32%), Cholesterol: 35mg (11.67%), Sodium: 257.75mg (11.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.04g (28.08%), Vitamin K: 120.58µg (114.84%), Vitamin C: 61mg (73.94%), Vitamin B6: 0.43mg (21.32%), Vitamin B3: 4.08mg (20.41%), Folate: 75.87µg (18.97%), Fiber: 4.43g (17.72%), Selenium: 12.13µg (17.32%), Manganese: 0.3mg (14.94%), Phosphorus: 140.18mg (14.02%), Potassium: 425.52mg (12.16%), Vitamin E: 1.54mg (10.28%), Vitamin B1: 0.14mg (9.33%), Vitamin B5: 0.83mg (8.29%), Vitamin B2: 0.14mg (8.24%), Magnesium: 32.08mg (8.02%), Iron: 1.41mg (7.84%), Calcium: 75.23mg (7.52%), Zinc: 1.05mg (6.99%), Copper: 0.07mg (3.55%), Vitamin A: 168.62IU (3.37%), Vitamin B12: 0.14µg (2.26%)