



Vietnamese Chicken Salad

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

READY IN



45 min.

SERVINGS



6

CALORIES



148 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons asian fish sauce (nuoc nam or nam pla)
- 1.5 teaspoons balsamic vinegar
- 6 cups very cabbage shredded finely
- 2 cups carrots shredded
- 0.3 cup celery thinly sliced
- 1 cup cucumber shredded english
- 0.3 cup cilantro leaves fresh chopped
- 1 piece ginger fresh peeled sliced (2 in.)

- 3 tablespoons mint leaves fresh chopped
- 2 teaspoons garlic minced
- 1.5 tablespoons honey
- 2 cups jicama shredded
- 0.3 cup juice of lemon
- 0.5 onion peeled
- 1 teaspoon chile flakes dried red hot
- 0.3 teaspoon salt
- 1 tablespoon sesame seed toasted
- 1 tablespoon soya sauce
- 10 ounce boned

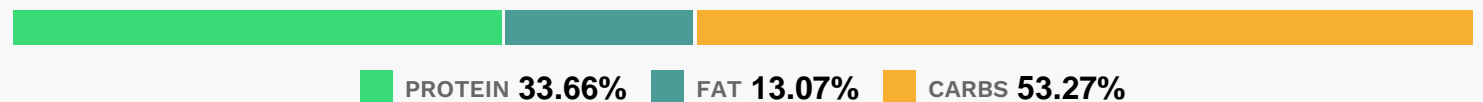
Equipment

- bowl
- frying pan

Directions

- In a 4- to 5-quart pan over high heat, bring 2 quarts water, ginger, and salt to a simmer.
- Add chicken, adjust heat to maintain simmer, and cook until chicken is slightly pink in the center (cut to test) about 10 minutes.
- Remove from heat and let stand for 10 minutes, then lift chicken from water. When cool enough to handle, shred or slice into bite-size pieces.
- In a large bowl, mix lemon juice, honey, fish sauce, soy sauce, garlic, vinegar, and chili paste.
- Add cabbage, carrots, jicama, cucumber, onion, celery, cilantro, mint, and chicken; mix well.
- Sprinkle with sesame seeds.

Nutrition Facts



Properties

Glycemic Index:65.68, Glycemic Load:5.39, Inflammation Score:-10, Nutrition Score:20.643478261388%

Flavonoids

Eriodictyol: 1.27mg, Eriodictyol: 1.27mg, Eriodictyol: 1.27mg, Eriodictyol: 1.27mg Hesperetin: 1.73mg, Hesperetin: 1.73mg, Hesperetin: 1.73mg, Hesperetin: 1.73mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg

Nutrients (% of daily need)

Calories: 148.28kcal (7.41%), Fat: 2.25g (3.46%), Saturated Fat: 0.44g (2.76%), Carbohydrates: 20.62g (6.87%), Net Carbohydrates: 14.64g (5.32%), Sugar: 10.86g (12.07%), Cholesterol: 30.24mg (10.08%), Sodium: 845.75mg (36.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.03g (26.06%), Vitamin A: 7508.61IU (150.17%), Vitamin K: 65.61µg (62.48%), Vitamin C: 44.09mg (53.44%), Vitamin B6: 0.61mg (30.53%), Vitamin B3: 6.08mg (30.38%), Selenium: 17.1µg (24.42%), Fiber: 5.98g (23.92%), Manganese: 0.36mg (18.12%), Potassium: 622.71mg (17.79%), Phosphorus: 167.02mg (16.7%), Folate: 60.31µg (15.08%), Magnesium: 55.31mg (13.83%), Vitamin B5: 1.12mg (11.23%), Vitamin B1: 0.14mg (9.38%), Vitamin B2: 0.15mg (8.84%), Iron: 1.54mg (8.56%), Calcium: 83.33mg (8.33%), Copper: 0.16mg (8.11%), Vitamin E: 0.86mg (5.74%), Zinc: 0.83mg (5.56%), Vitamin B12: 0.12µg (2.05%)