



Vietnamese Chicken Salad

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

READY IN



300 min.

SERVINGS



8

CALORIES



360 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup fish sauce
- 0.5 cup basil packed
- 0.5 pound carrots
- 2 tablespoons garlic finely chopped
- 1 garlic clove finely chopped
- 2 teaspoon ginger peeled finely chopped
- 2 pound cabbage green
- 0.3 cup brown sugar light packed

- 5 tablespoons juice of lime fresh
- 0.5 cup mint leaves packed
- 1 tablespoon to 5 chilies fresh red finely chopped (preferably Thai or cayenne)
- 0.7 cup roasted peanuts salted coarsely chopped
- 1 tablespoon sugar
- 3.5 pounds chicken whole

Equipment

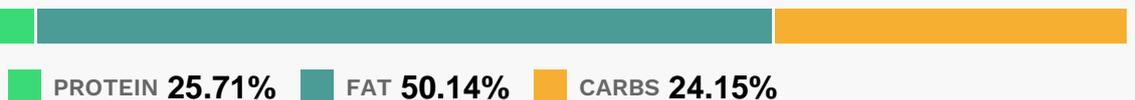
- bowl
- sauce pan
- knife
- pot
- sieve
- blender
- slotted spoon
- tongs
- colander
- cutting board

Directions

- Stir together lime juice, garlic, ginger, chiles, 2 teaspoons salt, and 1/2 teaspoon pepper, then rub all over chicken, inside and out. Marinate, covered, at room temperature while cooking vegetables.
- Thinly slice cabbage with slicer.
- Cut carrots into thin matchsticks (1/8 inch) with a knife. Cook vegetables in a large pot of salted boiling water (2 tablespoons salt for 6 quarts water) until crisp-tender, 4 to 5 minutes.
- Transfer to a large sieve or colander with a slotted spoon (return water to a boil) and rinse under cold water to stop cooking.
- Drain well.
- Add sugar to boiling water, then add chicken with marinade and cook, covered, 15 minutes.

- Remove from heat and let chicken stand in cooking liquid, covered, 30 minutes. Carefully transfer chicken with tongs to a cutting board and let stand until cool enough to handle. Coarsely shred meat (and skin if desired), transferring to a large bowl.
- Bring fish sauce and brown sugar to a simmer in a small saucepan, stirring until sugar has dissolved. Blend mixture in a blender along with chiles, ginger, and garlic (use caution when blending hot liquids). Stir in lime juice.
- Transfer to a large sieve or colander with a slotted spoon (return water to a boil) and rinse under cold water to stop cooking.
- Drain well.
- Add sugar to boiling water, then add chicken with marinade and cook, covered, 15 minutes.
- Remove from heat and let chicken stand in cooking liquid, covered, 30 minutes. Carefully transfer chicken with tongs to a cutting board and let stand until cool enough to handle. Coarsely shred meat (and skin if desired), transferring to a large bowl. Make dressing while chicken cools: Bring fish sauce and brown sugar to a simmer in a small saucepan, stirring until sugar has dissolved. Blend mixture in a blender along with chiles, ginger, and garlic (use caution when blending hot liquids). Stir in lime juice. Assemble salad: Toss vegetables with half of dressing and chicken with remainder.
- Serve chicken over vegetables and sprinkle with peanuts, basil, and mint.
- Serve at room temperature or chilled.
- Chicken can be marinated up to 1 hour. • Chicken and vegetables can be cooked 1 day ahead. Chill separately (covered once cool). • Dressing can be made 1 day ahead and chilled in an airtight container.
- Nutrition Data
- See Nutrition Data's complete analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:43.87, Glycemic Load:3.9, Inflammation Score:-10, Nutrition Score:25.614782271178%

Flavonoids

Eriodictyol: 1.07mg, Eriodictyol: 1.07mg, Eriodictyol: 1.07mg, Eriodictyol: 1.07mg Hesperetin: 1.13mg, Hesperetin: 1.13mg, Hesperetin: 1.13mg, Hesperetin: 1.13mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 359.84kcal (17.99%), Fat: 20.57g (31.64%), Saturated Fat: 5.08g (31.78%), Carbohydrates: 22.29g (7.43%), Net Carbohydrates: 17.21g (6.26%), Sugar: 13.78g (15.32%), Cholesterol: 71.44mg (23.81%), Sodium: 921.86mg (40.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.73g (47.45%), Vitamin A: 5203.07IU (104.06%), Vitamin K: 97.94µg (93.27%), Vitamin C: 52.19mg (63.26%), Vitamin B3: 9.19mg (45.94%), Manganese: 0.65mg (32.5%), Vitamin B6: 0.63mg (31.73%), Phosphorus: 236.28mg (23.63%), Selenium: 16.33µg (23.33%), Folate: 85.91µg (21.48%), Fiber: 5.09g (20.34%), Magnesium: 79.24mg (19.81%), Potassium: 643.99mg (18.4%), Vitamin B5: 1.42mg (14.18%), Vitamin B1: 0.2mg (13.08%), Zinc: 1.87mg (12.47%), Vitamin B2: 0.21mg (12.16%), Iron: 2.14mg (11.88%), Calcium: 102.68mg (10.27%), Copper: 0.2mg (9.84%), Vitamin B12: 0.34µg (5.69%), Vitamin E: 0.69mg (4.61%), Vitamin D: 0.19µg (1.27%)