



Vietnamese chicken salad



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



3

CALORIES



450 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 140 g thai rice noodle
- ☐ 1 carrots
- ☐ 0.5 cucumber
- ☐ 2 chicken breasts shredded cooked
- ☐ 50 g radishes thinly sliced
- ☐ 0.5 onion red finely sliced
- ☐ 1 small bunch mint leaves leaves picked
- ☐ 25 g natural roasted peanut roughly chopped

- ☐ 1 small chilli red deseeded finely chopped
- ☐ 1 lime zest
- ☐ 1.5 tbsp fish sauce low-sodium

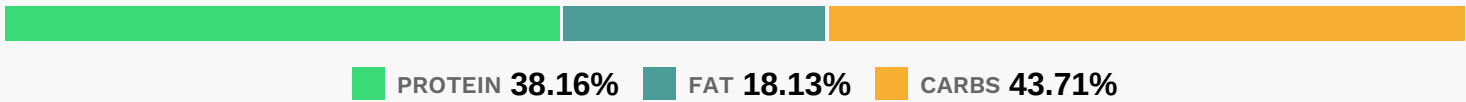
Equipment

- ☐ bowl
- ☐ whisk
- ☐ peeler

Directions

- ☐ To make the dressing, whisk all the ingredients together in a large serving bowl. Cook the noodles following pack instructions, then drain and add to the bowl with the dressing.
- ☐ Peel the carrot into long strips using a vegetable peeler. Do the same for the cucumber, until you reach the seeds (discard them).
- ☐ Add the carrot and cucumber to the noodle mixture along with the shredded chicken, radishes, red onion and mint. Toss well to coat in the dressing, scatter over the peanuts and serve.

Nutrition Facts



Properties

Glycemic Index:86.34, Glycemic Load:24.73, Inflammation Score:-10, Nutrition Score:25.432608780654%

Flavonoids

Pelargonidin: 10.52mg, Pelargonidin: 10.52mg, Pelargonidin: 10.52mg, Pelargonidin: 10.52mg Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg Hesperetin: 9.74mg, Hesperetin: 9.74mg, Hesperetin: 9.74mg, Hesperetin: 9.74mg Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg

Nutrients (% of daily need)

Calories: 450.49kcal (22.52%), Fat: 8.97g (13.8%), Saturated Fat: 2.14g (13.38%), Carbohydrates: 48.67g (16.22%),
Net Carbohydrates: 45.19g (16.43%), Sugar: 5.17g (5.75%), Cholesterol: 97.47mg (32.49%), Sodium: 819.58mg
(35.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.49g (84.98%), Vitamin B3: 18.31mg (91.53%),
Vitamin A: 3670.19IU (73.4%), Selenium: 40.28µg (57.55%), Vitamin B6: 1.01mg (50.58%), Vitamin C: 35.15mg
(42.6%), Manganese: 0.82mg (40.83%), Phosphorus: 381.36mg (38.14%), Magnesium: 92.47mg (23.12%), Potassium:
696.97mg (19.91%), Vitamin B5: 1.99mg (19.87%), Copper: 0.3mg (14.85%), Zinc: 2.17mg (14.48%), Fiber: 3.48g
(13.91%), Vitamin B2: 0.23mg (13.61%), Iron: 2.4mg (13.35%), Vitamin B1: 0.18mg (12.3%), Folate: 45.43µg (11.36%),
Vitamin E: 1.42mg (9.5%), Vitamin K: 9.22µg (8.78%), Calcium: 73.02mg (7.3%), Vitamin B12: 0.43µg (7.22%)