



## Vietnamese Chicken Salad

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

READY IN



**30 min.**

SERVINGS



**4**

CALORIES



**292 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 tablespoons asian fish sauce
- 1 teaspoon pepper black
- 0.5 head cabbage cored thinly sliced
- 1 carrots cut into matchsticks
- 0.3 cup roasted peanuts dry finely chopped
- 0.3 cup cilantro leaves fresh chopped
- 3 cloves garlic minced
- 1 tablespoon chile peppers green finely chopped

- 2 tablespoons juice of lime fresh
- 0.3 onion finely chopped
- 1 tablespoon rice vinegar
- 1 tablespoon asian sesame oil toasted ()
- 2 chicken breast halves shredded boneless skinless cooked
- 2 tablespoons vegetable oil
- 1 tablespoon sugar white

## Equipment

- bowl
- tongs

## Directions

- Stir together the chopped green chiles, rice vinegar, lime juice, fish sauce, garlic, sugar, sesame oil, vegetable oil, and black pepper until the mixture is thoroughly combined and the sugar is dissolved.
- Place the chicken, cabbage, carrot, onion, peanuts, and cilantro in a salad bowl, and toss thoroughly together with tongs.
- Pour the dressing over the salad and toss again.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:82.98, Glycemic Load:4.69, Inflammation Score:-9, Nutrition Score:22.832174026448%

## Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg

0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg  
Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.99mg, Quercetin:  
2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg

## **Nutrients (% of daily need)**

Calories: 291.93kcal (14.6%), Fat: 18.19g (27.98%), Saturated Fat: 2.88g (17.98%), Carbohydrates: 17.04g (5.68%),  
Net Carbohydrates: 12.2g (4.44%), Sugar: 9.13g (10.15%), Cholesterol: 36.16mg (12.05%), Sodium: 1221.7mg (53.12%),  
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.68g (35.36%), Vitamin K: 106.44µg (101.37%), Vitamin C:  
47.63mg (57.73%), Vitamin A: 2774.31IU (55.49%), Vitamin B3: 8.48mg (42.39%), Vitamin B6: 0.74mg (37.09%),  
Manganese: 0.63mg (31.31%), Selenium: 21.27µg (30.39%), Phosphorus: 208.56mg (20.86%), Magnesium: 79.34mg  
(19.83%), Fiber: 4.84g (19.34%), Folate: 76.44µg (19.11%), Potassium: 613.84mg (17.54%), Vitamin B5: 1.33mg  
(13.26%), Vitamin E: 1.66mg (11.06%), Vitamin B1: 0.15mg (9.87%), Vitamin B2: 0.15mg (8.99%), Calcium: 76.92mg  
(7.69%), Iron: 1.23mg (6.84%), Zinc: 1mg (6.69%), Copper: 0.13mg (6.32%), Vitamin B12: 0.18µg (2.96%)