



WHATSheATE



Warm Thai chicken & noodle salad



Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



405 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 large chicken breast skinless
- ☐ 175 g extra wide egg noodles dried
- ☐ 2 handfuls the salad shredded such as chinese leaf, finely good
- ☐ 2 carrots cut into thin strips
- ☐ 8 spring onion finely sliced
- ☐ 1 bell pepper red seeded finely sliced
- ☐ 1 handful cilantro leaves fresh
- ☐ 1 to 5 chilies red seeded finely chopped

- ☐ 2 garlic clove finely chopped
- ☐ 1 tbsp ginger finely chopped
- ☐ 2 tbsp soya sauce
- ☐ 1 juice of lime
- ☐ 2 tbsp olive oil

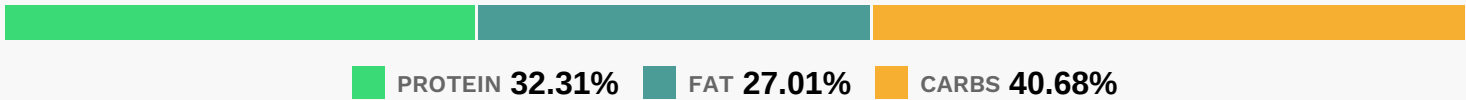
Equipment

- ☐ bowl
- ☐ baking pan
- ☐ grill

Directions

- ☐ Preheat the grill to high.
- ☐ Put the chicken on a baking tray and grill for 10–12 minutes without turning, until cooked through.
- ☐ Meanwhile, cook the noodles according to instructions.
- ☐ Drain and run cold water through to stop them sticking together.
- ☐ Mix the vegetables in a bowl. Thinly slice the chicken and add to the bowl, along with the noodles and coriander leaves.
- ☐ Mix the dressing ingredients together with 2 tablespoons water, pour over the salad and toss well.
- ☐ Serve straight away.

Nutrition Facts



Properties

Glycemic Index:72.96, Glycemic Load:15.41, Inflammation Score:-10, Nutrition Score:32.350869816283%

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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg

Nutrients (% of daily need)

Calories: 405.46kcal (20.27%), Fat: 12.18g (18.74%), Saturated Fat: 2.17g (13.57%), Carbohydrates: 41.27g (13.76%), Net Carbohydrates: 37.36g (13.58%), Sugar: 5.01g (5.56%), Cholesterol: 109.07mg (36.36%), Sodium: 676.53mg (29.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.79g (65.58%), Vitamin A: 6732.77IU (134.66%), Selenium: 71.29µg (101.84%), Vitamin C: 69.63mg (84.4%), Vitamin B3: 14.07mg (70.36%), Vitamin K: 64.57µg (61.49%), Vitamin B6: 1.2mg (60.04%), Phosphorus: 398.79mg (39.88%), Manganese: 0.64mg (31.82%), Potassium: 868.5mg (24.81%), Vitamin B5: 2.31mg (23.13%), Magnesium: 77.16mg (19.29%), Folate: 65.26µg (16.32%), Fiber: 3.91g (15.65%), Vitamin E: 2.31mg (15.42%), Vitamin B2: 0.25mg (14.88%), Vitamin B1: 0.22mg (14.77%), Iron: 2.38mg (13.22%), Zinc: 1.88mg (12.54%), Copper: 0.25mg (12.43%), Calcium: 61.15mg (6.11%), Vitamin B12: 0.35µg (5.88%), Vitamin D: 0.24µg (1.63%)