

Spiralized Vietnamese Chicken Salad

Yield: 2 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/healthy-vietnamese-chicken-salad-recipe>

Ingredients:

- 1/3 cabbage medium, Blade C
- 1 daikon radish medium, peeled, Blade C, noodles trimmed
- 1 cucumber medium, Blade C, noodles trimmed
- 2 carrots peeled, Blade C, noodles trimmed
- 2 cups chicken shredded
- 1/4 cup chopped cilantro
- 1/4 cup basil chopped
- 1 jalapeño small, finely chopped
- 2 green onions chopped
- sesame seeds
- peanuts
- dressing Vietnamese
- 1/4 cup lime juice
- 2 tablespoons rice vinegar
- 2 tablespoons coconut sugar
- 1 1/2 tablespoons fish sauce
- 1 clove garlic minced

Nutrition:

1. Calories: 570 calories
2. Carbohydrate: 38 grams
3. Cholesterol: 145 milligrams
4. Fat: 24 grams
5. Fiber: 9 grams
6. Protein: 54 grams
7. SaturatedFat: 5 grams
8. Sodium: 1290 milligrams

9. Sugar: 18 grams

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