

Kale and Coconut Chicken Salad

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 1/3 cup olive oil
- 1 teaspoon sesame oil the dark sesame oil has the best flavor
- 2 tablespoons soy sauce or Tamari for gluten free
- 5 cups kale packed, about 1 big bundle, stems removed and town into large pieces
- 1 cup flaked coconut
- 1 cup chicken cooked shredded
- 1 cup farro uncooked, 2 cups cooked

Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 53 grams
3. Cholesterol: 35 milligrams
4. Fat: 28 grams
5. Fiber: 9 grams
6. Protein: 19 grams
7. SaturatedFat: 9 grams
8. Sodium: 570 milligrams
9. Sugar: 8 grams

Thank you for visiting our website. Hope you enjoy Kale and Coconut Chicken Salad above. You can see more 20 kale chicken salad recipe indian Try these culinary delights! to get more great cooking ideas.