



Chinese Chicken Salad

Number of Servings: 2
Calories Per Serving: 372
PCF Ratio: 55-14-31

Single Serving Comment: 1/2 of recipe

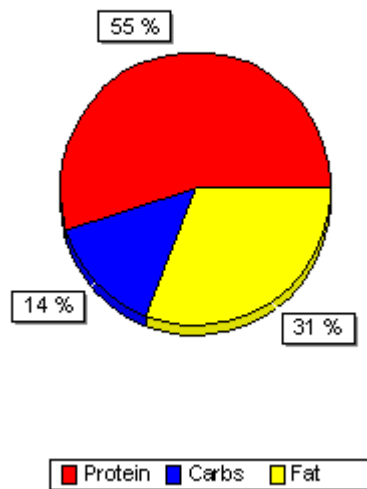
Cooking Instructions

Ingredients:

- 300g roasted Chicken Breast
 - 3 cups raw Cabbage
 - 1.5 cups raw Mushrooms
 - 1 medium raw Red Onion
 - 1 tbsp Extra Virgin Olive Oil
 - 1 tbsp Shoyu Soy Sauce
- (Serves 2)

Heat oil in a large pan. Add onion and cook over low heat until transparent. Add chicken and lemon pepper, and fry until cooked. Increase heat in pan, add mushrooms, and sprinkle over soy to taste. When mushrooms are cooked, throw cabbage in with other ingredients for a minute. Serve hot or cold

55-14-31 Ratio



Nutrition Information

Serving Size: 1/2 of recipe (377g)
 Servings: 1

Amount Per Serving

Calories 370 **Calories from Fat** 110

% Daily Value*

Total Fat 13g **19%**

Saturated Fat 3g **13%**

Cholesterol 130mg **43%**

Sodium 590mg **25%**

Total Carbohydrate 13g **4%**

Dietary Fiber 4g **16%**

Sugars 7 g

Protein 51 g

Vitamin A 4% Vitamin C 60%

Calcium 8% Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet

Recipe Ingredients:

Name	Description	Serving Size	Gram Wt.	Calories (kcal)	Protein (g)	Carbs (g)	Sugars (g)	Glucose (g)	Fructose (g)	Galactose (g)	Sucrose (g)
CHICKEN BREAST, ROASTED		300	300	495	93.1						
CABBAGE, RAW	shredded	3 cups	210	52.5	3	11.4	5.5				
MUSHROOM, RAW		1.5 cups	105	26.3	3	4.3	1.5				
ONION, RAW RED	Finely Chopped	1 medium	110	41.8	1.3	9.5	6.8				
EXTRA VIRGIN OLIVE OIL	salad or cooking	1 tbsp	14	119.3							

Chinese Chicken Salad (continued)

SOY SAUCE, SHOYU	from soy & wheat	1 tbsp	16	8.5	.8	1.4	.6							
Recipe Total:			755	743.4	101.2	26.5	14.4							
Single Serving Total:			377	371.7	50.6	13.3	7.2							

Name	Lactose (g)	Maltose (g)	Dietary Fiber (g)	Fat (g)	Sat fat (g)	Omega-3 (g)	Omega-6 (g)	Cholest (mg)	Alcohol (g)(mcg_RAE)	Vit-A (IU)	Vit-A IU (IU)	Thiamin (mg)	Ribofla- vin (mg)	Niacin (mg)
CHICKEN BREAST, ROASTED				10.7	3	.2	1.9	255			63	.2	.3	41.1
CABBAGE, RAW			4.8	.6	.1	.1	.1				279.3	.1	.1	.6
MUSHROOM, RAW			1.3	.4	.1		.1					.1	.4	4.2
ONION, RAW RED			2	.2	.0		.1					.0	.0	.2
EXTRA VIRGIN OLIVE OIL				13.5	1.8	.1	1.1							
SOY SAUCE, SHOYU			.1	.0									.0	.5
Recipe Total:				8.2	25.3	5	.4	3.3	255		342.3	.5	.9	46.7
Single Serving Total:				4.1	12.7	2.5	.2	1.7	127.5		171.1	.2	.5	23.4

Name	Pantothenic Acid (mg)	Vit B-6 (mg)	Folate (mcg)	Food Folate (mcg)	Folic Acid (mcg)	Folate DFE (mcg DFE)	Vit B-12 (mcg)	Biotin (mcg)	Vit-C (mg)	Vit-D (IU)	Alpha Toco-pherol (mg)	Vit-E IU (IU)	Calcium (mg)	Magnesium (mg)
CHICKEN BREAST, ROASTED	2.9	1.8	12	12		12	1					1.2	45	87
CABBAGE, RAW	.3	.2	90.3	90.3		90.3			67.6			.3	98.7	31.5
MUSHROOM, RAW	1.5	.1	12.6	12.6		12.6	.0		2.4	79.8		.2	5.3	10.5
ONION, RAW RED	.1	.1	20.9	20.9		20.9			7		.3	.2	22	11
EXTRA VIRGIN OLIVE OIL											1.6	2.5		
SOY SAUCE, SHOYU	.1	.0	2.6	2.6		2.6							2.7	5.4
Recipe Total:			4.9	2.3	138.4	138.4	1.1		77.1	79.8	1.9	4.4	173.7	145.4
Single Serving Total:			2.4	1.1	69.2	69.2	.5		38.5	39.9	1	2.2	86.8	72.7

Name	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Chloride (mg)	Chromium (mcg)	Copper (mg)	Fluoride (mg)	Iodine (mcg)	Iron (mg)	Manganese (mg)	Molybdenum (mcg)	Selenium (mcg)	Zinc (mg)
CHICKEN BREAST, ROASTED	684	768	222			.1			3.1	.1		82.8	3
CABBAGE, RAW	48.3	516.6	37.8			.0			1.2	.3		1.9	.4
MUSHROOM, RAW	109.2	388.5	4.2			.5			1.1	.1		9.2	.8
ONION, RAW RED	36.3	172.7	3.3			.1			.2	.2		.7	.2
EXTRA VIRGIN OLIVE OIL	.1								.1				

Chinese Chicken Salad (continued)

SOY SAUCE, SHOYU	17.6	28.8	914.4			.0			.3	.1		.1	.1	
Recipe Total:	895.5	1874.6	1181.7			.8			6.1	.7		94.7	4.4	
Single Serving Total:	447.8	937.3	590.9			.4			3	.4		47.4	2.2	