



# Chinese Chicken Salad

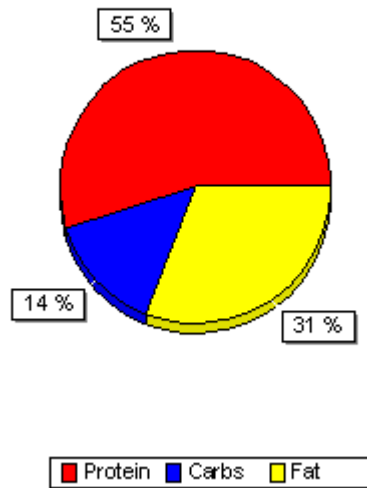
55-14-31 Ratio

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

Single Serving Comment: 1/2 of recipe

## Cooking Instructions

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



Nutrition Information	
Serving Size: 1/2 of recipe (377g)	
Servings: 1	
Amount Per Serving	
<b>Calories</b> 370	Calories from Fat 110
% Daily Value*	
<b>Total Fat</b> 13g	<b>19%</b>
Saturated Fat 3g	<b>13%</b>
<b>Cholesterol</b> 130mg	<b>43%</b>
<b>Sodium</b> 590mg	<b>25%</b>
<b>Total Carbohydrate</b> 13g	<b>4%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 7 g	
<b>Protein</b> 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							
SOY SAUCE, SHOYU	from soy & wheat	1 tbsp	16	8.5	.8	1.4	.6				
Recipe Total:				755	<b>743.4</b>	<b>101.2</b>	<b>26.5</b>	<b>14.4</b>			
Single Serving Total:				377	<b>371.7</b>	<b>50.6</b>	<b>13.3</b>	<b>7.2</b>			

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	Thiamin (mg)	Ribofla- vin (mg)	Niacin (mg)
CHICKEN BREAST,				10.7	3	.2	1.9	255			63	.2	.3	41.1

**Chinese Chicken Salad (continued)**

**ROASTED**

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:			<b>8.2</b>	<b>25.3</b>	<b>5</b>	<b>.4</b>	<b>3.3</b>	<b>255</b>			<b>342.3</b>	<b>.5</b>	<b>.9</b>	<b>46.7</b>
Single Serving Total:			<b>4.1</b>	<b>12.7</b>	<b>2.5</b>	<b>.2</b>	<b>1.7</b>	<b>127.5</b>			<b>171.1</b>	<b>.2</b>	<b>.5</b>	<b>23.4</b>

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-A (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:	<b>4.9</b>	<b>2.3</b>	<b>138.4</b>	<b>138.4</b>		<b>138.4</b>	<b>1.1</b>		<b>77.1</b>	<b>79.8</b>	<b>1.9</b>	<b>4.4</b>	<b>173.7</b>	<b>145.4</b>
Single Serving Total:	<b>2.4</b>	<b>1.1</b>	<b>69.2</b>	<b>69.2</b>		<b>69.2</b>	<b>.5</b>		<b>38.5</b>	<b>39.9</b>	<b>1</b>	<b>2.2</b>	<b>86.8</b>	<b>72.7</b>

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