



Chinese Chicken Salad

Servings: 4
Serving Size: 1 cup

Ingredients:

- 1 package flavored Ramen noodles
- 1 head of cabbage, washed and shredded
- 1 small onion, minced
- ½ bell pepper, washed and chopped
- ½ cup dry roasted unsalted peanuts
- 2 cooked and chilled chicken breasts cut into cubes

Dressing:

- 1 teaspoon sugar (optional)
- 1 Tablespoon olive oil
- ¼ cup vinegar, (rice or white wine)
- 1 Ramen noodle flavor packet

Directions:

1. Break up noodles. Set aside.
2. In a large bowl, stir together onion, peppers, and peanuts.
3. Add cooked chicken, cabbage and noodles.
5. Toss with dressing.
4. Serve cold.

Nutrition Facts

Serving Size 1 cup (185g)
 Servings Per Container

Amount Per Serving

Calories 140 **Calories from Fat 45**

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 200mg **8%**

Total Carbohydrate 15g **5%**

Dietary Fiber 4g **16%**

Sugars 6g

Protein 10g

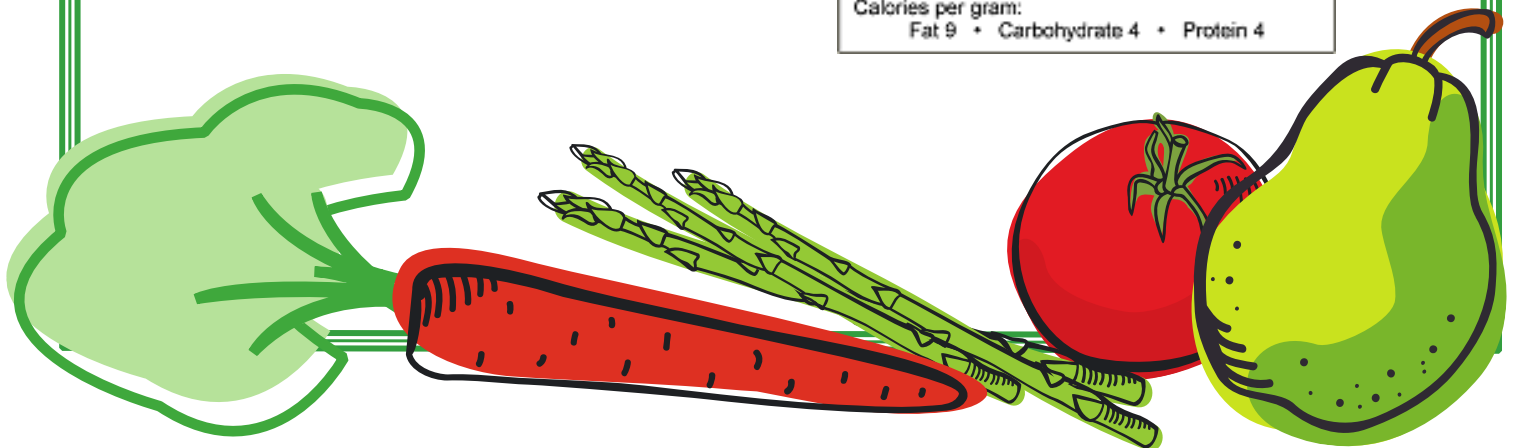
Vitamin A 10% • Vitamin C 130%

Calcium 8% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4



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