



 **81%**  
HEALTH SCORE

## 5-Minute Citrus Chicken Salad

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**5 min.**

SERVINGS



**5**

CALORIES



**252 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 cups baby spinach leaves
- 0.3 cup balsamic vinaigrette dressing kraft
- 11 oz mandarin orange segents drained canned
- 0.8 lb chicken breast cooked chopped
- 1 cup mushrooms sliced
- 0.3 cup planters pecan pieces
- 0.3 cup oscar mayer real bacon bits

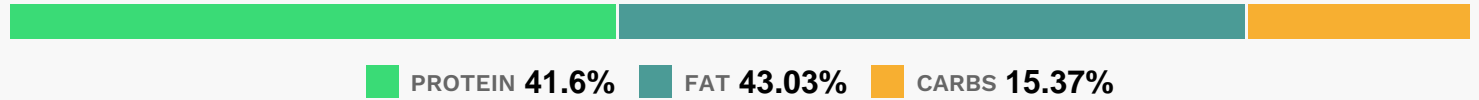
### Equipment

bowl

## Directions

- Toss spinach, chicken, oranges, mushrooms and bacon bits in large bowl.
- Drizzle with dressing just before serving; toss lightly.
- Sprinkle with pecans.

## Nutrition Facts



## Properties

Glycemic Index:14.8, Glycemic Load:0.38, Inflammation Score:-10, Nutrition Score:25.177391360635%

## Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 3.06mg, Kaempferol: 3.06mg, Kaempferol: 3.06mg, Kaempferol: 3.06mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

## Nutrients (% of daily need)

Calories: 252.33kcal (12.62%), Fat: 12.17g (18.72%), Saturated Fat: 2.27g (14.17%), Carbohydrates: 9.78g (3.26%), Net Carbohydrates: 7.26g (2.64%), Sugar: 6.34g (7.04%), Cholesterol: 65.91mg (21.97%), Sodium: 368.05mg (16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.46g (52.93%), Vitamin K: 232.23µg (221.18%), Vitamin A: 5336.58IU (106.73%), Vitamin B3: 10.71mg (53.56%), Vitamin C: 35.09mg (42.54%), Manganese: 0.7mg (34.82%), Selenium: 21.5µg (30.72%), Vitamin B6: 0.56mg (28%), Folate: 103.42µg (25.86%), Phosphorus: 217.12mg (21.71%), Magnesium: 72.83mg (18.21%), Potassium: 610.24mg (17.44%), Vitamin B2: 0.27mg (15.99%), Iron: 2.41mg (13.39%), Vitamin B1: 0.19mg (12.76%), Copper: 0.25mg (12.39%), Zinc: 1.61mg (10.75%), Vitamin B5: 1.02mg (10.22%), Fiber: 2.52g (10.08%), Vitamin E: 1.33mg (8.87%), Calcium: 70.78mg (7.08%), Vitamin B12: 0.24µg (3.98%)