



BBQ Chicken and Fruit Salad

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



332 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup bull's-eye original barbecue sauce
- 0.5 cup lite catalina dressing kraft
- 4 pineapple rings canned
- 10 oz torn salad greens mixed
- 1 lb chicken breasts boneless skinless
- 1 pt strawberries cut in half

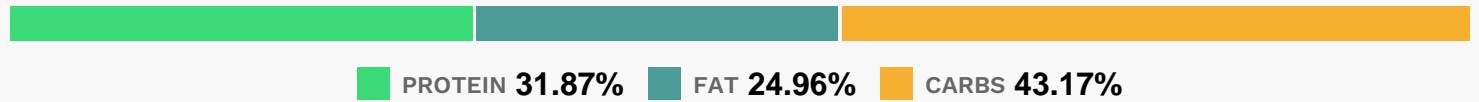
Equipment

- broiler

Directions

- Heat broiler.
- Broil chicken 4 inches from heat 20 to 25 min. or until chicken is done (165F.), turning and brushing frequently with barbecue sauce for the last 15 min. and adding pineapple for the last 5 min. of broiling time.
- Cut chicken into strips.
- Arrange greens and strawberries on serving plate. Top with chicken and pineapple.
- Serve with dressing.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:2.69, Inflammation Score:-8, Nutrition Score:21.355651876201%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg Gallic acid: 0.04mg, Gallic acid: 0.04mg, Gallic acid: 0.04mg, Gallic acid: 0.04mg

Nutrients (% of daily need)

Calories: 332.43kcal (16.62%), Fat: 9.07g (13.95%), Saturated Fat: 1.59g (9.94%), Carbohydrates: 35.3g (11.77%), Net Carbohydrates: 32.6g (11.85%), Sugar: 26.08g (28.97%), Cholesterol: 72.57mg (24.19%), Sodium: 905.32mg (39.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.05g (52.1%), Vitamin C: 87.67mg (106.27%), Vitamin B3: 12.89mg (64.45%), Selenium: 37.51µg (53.59%), Vitamin B6: 0.99mg (49.46%), Manganese: 0.62mg

(31.14%), Phosphorus: 301.39mg (30.14%), Potassium: 806.65mg (23.05%), Vitamin B5: 1.91mg (19.07%), Vitamin A: 933.92IU (18.68%), Folate: 59.91µg (14.98%), Magnesium: 57.46mg (14.36%), Vitamin B2: 0.2mg (11.48%), Fiber: 2.7g (10.8%), Iron: 1.58mg (8.79%), Vitamin B1: 0.13mg (8.76%), Copper: 0.15mg (7.48%), Zinc: 1.03mg (6.89%), Vitamin E: 0.84mg (5.63%), Calcium: 45.77mg (4.58%), Vitamin B12: 0.23µg (3.78%), Vitamin K: 3.48µg (3.31%)