



Broccoli-Chicken Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



224 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce broccoli fresh
- ☐ 4 chicken breast halves
- ☐ 2 garlic clove minced
- ☐ 4 spring onion chopped
- ☐ 6 servings mint-cilantro chutney spread shopping list
- ☐ 0.3 cup peanuts chopped
- ☐ 1 medium size bell pepper red chopped
- ☐ 0.3 cup soya sauce

- ☐ 1 cup cranberries dried sweetened
- ☐ 4 cups water

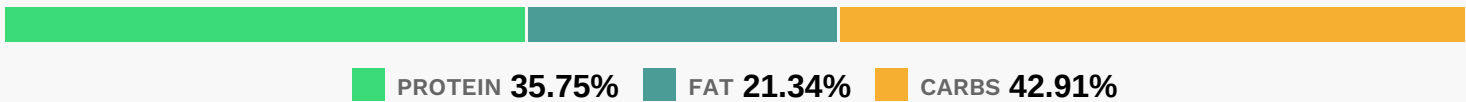
Equipment

- ☐ sauce pan

Directions

- ☐ Bring first 4 ingredients to a boil in a medium saucepan. Boil 15 minutes or until chicken is done; drain. Cool chicken, and cut into bite-size pieces.
- ☐ Toss together chicken, broccoli, and next 4 ingredients. Chill 1 hour.
- ☐ Sprinkle with peanuts before serving.

Nutrition Facts



Properties

Glycemic Index:25.88, Glycemic Load:1.57, Inflammation Score:-8, Nutrition Score:24.004347956699%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 6.04mg, Kaempferol: 6.04mg, Kaempferol: 6.04mg, Kaempferol: 6.04mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg

Nutrients (% of daily need)

Calories: 224.37kcal (11.22%), Fat: 5.62g (8.64%), Saturated Fat: 1.04g (6.51%), Carbohydrates: 25.42g (8.47%), Net Carbohydrates: 21.08g (7.67%), Sugar: 17.15g (19.05%), Cholesterol: 48.21mg (16.07%), Sodium: 680.09mg (29.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.17g (42.35%), Vitamin C: 95.73mg (116.03%), Vitamin K: 96.35µg (91.76%), Vitamin B3: 10.04mg (50.22%), Vitamin B6: 0.82mg (40.99%), Selenium: 26.84µg (38.35%), Phosphorus: 255.53mg (25.55%), Vitamin A: 1217.91IU (24.36%), Manganese: 0.48mg (24.21%), Folate: 81.25µg (20.31%), Potassium: 661.22mg (18.89%), Vitamin B5: 1.77mg (17.69%), Fiber: 4.34g (17.35%), Magnesium: 57.38mg (14.35%), Vitamin B2: 0.22mg (12.75%), Vitamin B1: 0.17mg (11.23%), Vitamin E: 1.52mg (10.1%), Iron: 1.6mg (8.88%), Copper: 0.18mg (8.81%), Zinc: 1.05mg (6.97%), Calcium: 63.19mg (6.32%), Vitamin B12: 0.15µg (2.51%)