



WHATSheATE



Cantaloupe and Chicken Salad



Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



195 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup yogurt plain
- ☐ 0.3 cup salad dressing
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tablespoon chives fresh chopped
- ☐ 0.3 teaspoon salt
- ☐ 5 cups cantaloupe
- ☐ 2.5 cups roasted chicken cooked
- ☐ 1 cup grapes green red cut in half

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1 medium cucumber cut into strips

Equipment

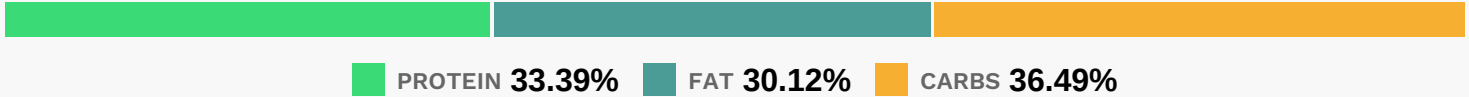
☐

bowl

Directions

- ☐
- Mix yogurt and mayonnaise in large bowl. Stir in lemon juice, chives and salt.
- ☐
- Stir in remaining ingredients.
- ☐
- Serve immediately, or refrigerate until chilled, at least 2 hours but no longer than 24 hours.

Nutrition Facts



Properties

Glycemic Index:32.08, Glycemic Load:8.78, Inflammation Score:-10, Nutrition Score:14.008695791921%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 194.56kcal (9.73%), Fat: 6.61g (10.17%), Saturated Fat: 1.65g (10.29%), Carbohydrates: 18.01g (6%), Net Carbohydrates: 16.47g (5.99%), Sugar: 16.48g (18.31%), Cholesterol: 45.08mg (15.03%), Sodium: 283.79mg (12.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.48g (32.96%), Vitamin A: 4609.53IU (92.19%), Vitamin B3: 5.61mg (28.04%), Selenium: 17.1µg (24.43%), Vitamin C: 17.76mg (21.53%), Vitamin B6: 0.34mg (17.13%), Phosphorus: 158.39mg (15.84%), Vitamin K: 16.26µg (15.48%), Potassium: 464.67mg (13.28%), Zinc: 1.62mg (10.8%), Copper: 0.21mg (10.32%), Vitamin B2: 0.16mg (9.6%), Magnesium: 37.44mg (9.36%), Vitamin B1: 0.14mg (9.01%), Vitamin B5: 0.84mg (8.45%), Iron: 1.42mg (7.88%), Folate: 28.52µg (7.13%), Fiber: 1.55g (6.19%), Manganese: 0.11mg (5.64%), Calcium: 40.5mg (4.05%), Vitamin B12: 0.21µg (3.45%), Vitamin E: 0.35mg (2.33%)