



Caribbean Chicken Salad

 **Gluten Free**  **Dairy Free**

READY IN



27 min.

SERVINGS



8

CALORIES



224 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 cups fruit
- 3 cups peaches fresh diced peeled
- 1 medium bell pepper red chopped
- 1 cup onion red sliced
- 8 cups the salad mixed
- 0.3 cup blackened seasoning
- 2 pounds chicken breast halves boneless skinless cut into 1/2-inch strips
- 2 tablespoons vegetable oil

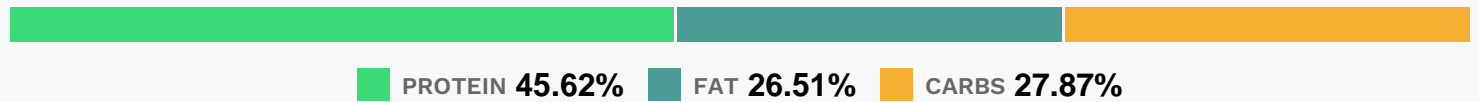
Equipment

- bowl
- frying pan
- paper towels

Directions

- Place chicken in heavy-duty resealable plastic food-storage bag.
- Sprinkle seasoning blend over chicken; seal bag and shake until chicken is evenly coated.
- Heat oil in large skillet over medium-high heat. Cook chicken in oil 10 to 12 minutes, stirring frequently, until no longer pink in center.
- Remove chicken from skillet; drain on paper towels.
- Toss salad greens, peaches, onion and bell pepper in large bowl; divide evenly among 8 plates. Top with chicken.
- Drizzle with vinaigrette.

Nutrition Facts



Properties

Glycemic Index:12.41, Glycemic Load:2.6, Inflammation Score:-8, Nutrition Score:17.29347826087%

Flavonoids

Cyanidin: 1.11mg, Cyanidin: 1.11mg, Cyanidin: 1.11mg, Cyanidin: 1.11mg Catechin: 2.84mg, Catechin: 2.84mg, Catechin: 2.84mg, Catechin: 2.84mg Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg Epicatechin: 1.35mg, Epicatechin: 1.35mg, Epicatechin: 1.35mg, Epicatechin: 1.35mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg

Nutrients (% of daily need)

Calories: 224.37kcal (11.22%), Fat: 6.63g (10.19%), Saturated Fat: 1.2g (7.48%), Carbohydrates: 15.67g (5.22%), Net Carbohydrates: 13.52g (4.92%), Sugar: 10.76g (11.96%), Cholesterol: 72.57mg (24.19%), Sodium: 2122.41mg (92.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.65g (51.3%), Vitamin B3: 12.84mg (64.18%), Selenium: 37.78µg (53.96%), Vitamin B6: 0.97mg (48.47%), Vitamin C: 34.4mg (41.69%), Phosphorus: 280.85mg (28.08%), Vitamin A: 1262.11IU (25.24%), Potassium: 654.57mg (18.7%), Vitamin B5: 1.84mg (18.4%), Magnesium: 44.26mg (11.07%), Vitamin B2: 0.18mg (10.52%), Vitamin K: 10.84µg (10.32%), Fiber: 2.15g (8.6%), Folate: 34.23µg (8.56%), Manganese: 0.16mg (8.21%), Vitamin B1: 0.12mg (8.03%), Vitamin E: 1.15mg (7.69%), Copper: 0.14mg (6.78%), Zinc: 0.98mg (6.54%), Iron: 1.1mg (6.09%), Vitamin B12: 0.23µg (3.78%), Calcium: 20.8mg (2.08%)