



Caribbean Chicken Salad



Gluten Free



Dairy Free

READY IN



27 min.

SERVINGS



8

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

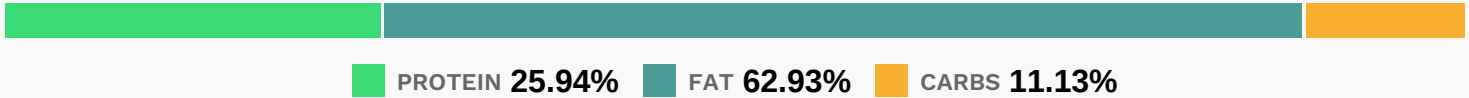
Equipment

- ☐ 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:18.943043475566%

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: 388.94kcal (19.45%), Fat: 27.46g (42.25%), Saturated Fat: 4.99g (31.16%), Carbohydrates: 10.93g (3.64%), Net Carbohydrates: 9.41g (3.42%), Sugar: 7.36g (8.18%), Cholesterol: 72.57mg (24.19%), Sodium: 2120.86mg (92.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.47g (50.93%), Vitamin B3: 12.68mg (63.41%), Selenium: 38.44µg (54.92%), Vitamin B6: 0.96mg (48.15%), Vitamin K: 50.19µg (47.8%), Vitamin C: 33.53mg (40.64%), Phosphorus: 276.11mg (27.61%), Vitamin A: 1142.82IU (22.86%), Vitamin E: 3.08mg (20.5%), Vitamin B5: 1.82mg (18.24%), Potassium: 622.75mg (17.79%), Magnesium: 42.29mg (10.57%), Vitamin B2: 0.17mg (9.96%), Folate: 33.44µg (8.36%), Vitamin B1: 0.12mg (7.71%), Manganese: 0.15mg (7.67%), Zinc: 0.95mg (6.3%), Fiber: 1.52g (6.07%), Iron: 0.97mg (5.41%), Copper: 0.11mg (5.3%), Vitamin B12: 0.23µg (3.78%), Calcium: 18.82mg (1.88%)