



CATALINA Berry Chicken Salad

 Gluten Free  Dairy Free  Low Fod Map

READY IN



20 min.

SERVINGS



20

CALORIES



76 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup catalina salad dressing fat free divided kraft
- 0.3 cup planters pecans coarsely chopped
- 10 oz torn salad greens mixed
- 1 lb chicken breasts boneless skinless cut into thin strips
- 1 cup strawberries fresh sliced

Equipment

- bowl
- frying pan

Directions

- Cook and stir chicken in 1/4 cup dressing in skillet on medium heat 8 min. or until chicken is done.
- Toss with salad greens, strawberries and nuts in large bowl.
- Add remaining dressing; mix lightly.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0.17, Inflammation Score:-2, Nutrition Score:3.4595652229112%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 1.79mg, Pelargonidin: 1.79mg, Pelargonidin: 1.79mg, Pelargonidin: 1.79mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 75.73kcal (3.79%), Fat: 3.71g (5.71%), Saturated Fat: 0.57g (3.56%), Carbohydrates: 4.86g (1.62%), Net Carbohydrates: 4.59g (1.67%), Sugar: 3.71g (4.13%), Cholesterol: 14.52mg (4.84%), Sodium: 184.44mg (8.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.15g (10.31%), Vitamin B3: 2.49mg (12.43%), Selenium: 7.39µg (10.56%), Vitamin C: 7.81mg (9.46%), Vitamin B6: 0.19mg (9.36%), Phosphorus: 58.31mg (5.83%), Manganese: 0.11mg (5.39%), Vitamin B5: 0.36mg (3.6%), Potassium: 124.38mg (3.55%), Vitamin A: 169.39IU (3.39%), Magnesium: 9.89mg (2.47%), Folate: 8.15µg (2.04%), Vitamin B2: 0.03mg (1.94%), Vitamin B1: 0.03mg (1.91%), Copper: 0.03mg (1.58%), Zinc: 0.23mg (1.52%), Iron: 0.23mg (1.3%), Fiber: 0.26g (1.05%)