



## Chicken and Berry Salad

 Gluten Free

READY IN



15 min.

SERVINGS



3

CALORIES



296 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 2 tablespoons cheese blue crumbled
- 0.5 cup blueberries
- 6 oz chicken tenderloins refrigerated cut in half if necessary
- 0.5 cup raspberries
- 0.3 cup roasted peanuts
- 5 cups the salad mixed
- 1 cup strawberries
- 0.3 cup balsamic vinaigrette salad dressing

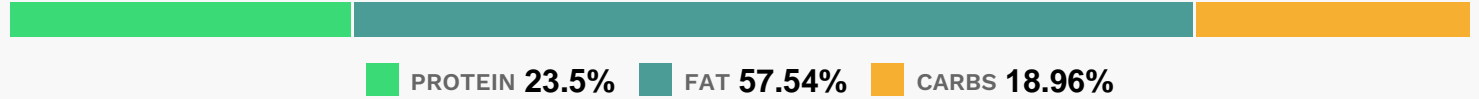
# Equipment

bowl

# Directions

In large bowl, toss all ingredients.

# Nutrition Facts



# Properties

Glycemic Index:44.33, Glycemic Load:2.59, Inflammation Score:-8, Nutrition Score:17.551738863406%

# Flavonoids

Cyanidin: 12.05mg, Cyanidin: 12.05mg, Cyanidin: 12.05mg, Cyanidin: 12.05mg Petunidin: 7.89mg, Petunidin: 7.89mg, Petunidin: 7.89mg, Petunidin: 7.89mg Delphinidin: 9.15mg, Delphinidin: 9.15mg, Delphinidin: 9.15mg, Delphinidin: 9.15mg Malvidin: 16.7mg, Malvidin: 16.7mg, Malvidin: 16.7mg, Malvidin: 16.7mg Pelargonidin: 12.12mg, Pelargonidin: 12.12mg, Pelargonidin: 12.12mg, Pelargonidin: 12.12mg Peonidin: 5.05mg, Peonidin: 5.05mg, Peonidin: 5.05mg, Peonidin: 5.05mg Catechin: 3.06mg, Catechin: 3.06mg, Catechin: 3.06mg, Catechin: 3.06mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

# Nutrients (% of daily need)

Calories: 295.58kcal (14.78%), Fat: 19.61g (30.18%), Saturated Fat: 4.03g (25.21%), Carbohydrates: 14.54g (4.85%), Net Carbohydrates: 10.61g (3.86%), Sugar: 6.23g (6.92%), Cholesterol: 39.79mg (13.26%), Sodium: 190.59mg (8.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.02g (36.04%), Vitamin C: 52mg (63.03%), Vitamin B3: 8.55mg (42.76%), Manganese: 0.8mg (39.78%), Selenium: 20.59µg (29.41%), Vitamin B6: 0.56mg (28.16%), Vitamin K: 28.19µg (26.84%), Phosphorus: 230.49mg (23.05%), Vitamin A: 835.63IU (16.71%), Potassium: 555.11mg (15.86%), Fiber: 3.93g (15.74%), Folate: 61.14µg (15.29%), Magnesium: 55.71mg (13.93%), Vitamin B5: 1.29mg (12.94%), Vitamin E: 1.53mg (10.22%), Copper: 0.19mg (9.3%), Vitamin B2: 0.15mg (8.62%), Vitamin B1: 0.12mg (8.22%), Iron:

1.33mg (7.36%), Zinc: 1.03mg (6.85%), Calcium: 62.47mg (6.25%), Vitamin B12: 0.17 $\mu$ g (2.84%)