



WHATSheATE



Chicken-and-Fruit Salad



Gluten Free



Dairy Free



Low Fod Map

READY IN



52 min.

SERVINGS



6

CALORIES



341 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 chicken breast halves
- ☐ 1.5 tablespoons ginger fresh chopped
- ☐ 3 tablespoons juice of lemon
- ☐ 6 servings romaine leaves
- ☐ 0.8 cup orange marmalade
- ☐ 1 pineapple fresh cored
- ☐ 1 cup raspberries fresh
- ☐ 6 servings raspberry vinaigrette

- ☐ 3 tablespoons soya sauce
- ☐ 2 cups strawberries fresh

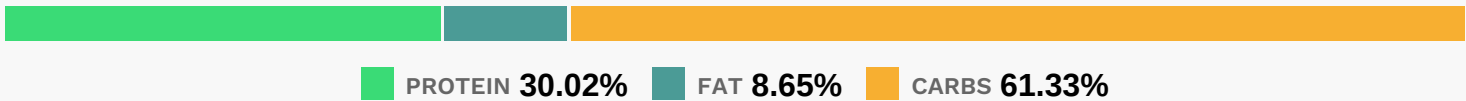
Equipment

- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Combine first 4 ingredients; remove 1/4 cup marmalade mixture, and chill.
- ☐ Place chicken in a shallow dish or heavy-duty zip-top plastic bag; pour remaining marmalade mixture over chicken. Cover or seal, and chill 8 hours, turning occasionally.
- ☐ Cut pineapple into spears; peel jcama, if desired, and cut into 1/2-inch slices.
- ☐ Place pineapple and jcama in a shallow dish or heavy-duty zip-top plastic bag; pour 1/4 cup reserved marmalade mixture over pineapple mixture. Cover or seal, and chill 8 hours.
- ☐ Remove chicken from marinade, discarding marinade; drain pineapple mixture. Coat chicken and pineapple mixture with cooking spray.
- ☐ Grill chicken, covered with grill lid, over medium-high heat (350 to 400°F)
- ☐ to 6 minutes on each side or until done. Grill pineapple and jcama 2 to 3 minutes on each side.
- ☐ Cut chicken and jcama into thin strips; cut pineapple into bite-size pieces.
- ☐ Combine chicken, jcama, pineapple, strawberry halves, and raspberries; toss gently with Orange-Raspberry Vinaigrette.
- ☐ Serve over lettuce leaves.

Nutrition Facts



Properties

Glycemic Index:25.78, Glycemic Load:11.83, Inflammation Score:-9, Nutrition Score:26.596956729889%

Flavonoids

Cyanidin: 9.96mg, Cyanidin: 9.96mg, Cyanidin: 9.96mg, Cyanidin: 9.96mg Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg Delphinidin: 0.41mg, Delphinidin: 0.41mg, Delphinidin: 0.41mg, Delphinidin: 0.41mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 12.12mg, Pelargonidin: 12.12mg, Pelargonidin: 12.12mg, Pelargonidin: 12.12mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 1.75mg, Catechin: 1.75mg, Catechin: 1.75mg, Catechin: 1.75mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg 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 Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 341.36kcal (17.07%), Fat: 3.42g (5.26%), Saturated Fat: 0.67g (4.21%), Carbohydrates: 54.61g (18.2%), Net Carbohydrates: 49.59g (18.03%), Sugar: 42.91g (47.68%), Cholesterol: 72.32mg (24.11%), Sodium: 674.22mg (29.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.73g (53.46%), Vitamin C: 116.15mg (140.79%), Manganese: 1.86mg (93.21%), Vitamin B3: 13.34mg (66.69%), Vitamin B6: 1.1mg (55.24%), Selenium: 37.02µg (52.88%), Vitamin A: 1935.95IU (38.72%), Phosphorus: 288.14mg (28.81%), Potassium: 781.58mg (22.33%), Vitamin B5: 2.11mg (21.11%), Fiber: 5.02g (20.08%), Magnesium: 66.84mg (16.71%), Vitamin B1: 0.24mg (16.2%), Folate: 63.42µg (15.86%), Copper: 0.29mg (14.54%), Vitamin B2: 0.23mg (13.46%), Iron: 1.7mg (9.43%), Zinc: 1.1mg (7.33%), Calcium: 64.31mg (6.43%), Vitamin E: 0.67mg (4.47%), Vitamin B12: 0.23µg (3.77%), Vitamin K: 3.9µg (3.71%)