



Chicken and Fruit Tossed Salad

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

READY IN



10 min.

SERVINGS



6

CALORIES



122 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup celery sliced
- 2.5 cups roasted chicken cubed cooked
- 6 ounces fruit dried diced ()
- 10 ounces the salad
- 0.5 cup frangelico fat-free french

Equipment

- bowl

Directions

Place salad mix, chicken, dried fruits and celery in large bowl.

Nutrition Facts

PROTEIN 50.95% **FAT 29.41%** **CARBS 19.64%**

Properties

Glycemic Index:5.33, Glycemic Load:0.04, Inflammation Score:-5, Nutrition Score:7.3969564917295%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 122.31kcal (6.12%), Fat: 3.94g (6.07%), Saturated Fat: 1.07g (6.67%), Carbohydrates: 5.92g (1.97%), Net Carbohydrates: 5.34g (1.94%), Sugar: 3.3g (3.67%), Cholesterol: 43.75mg (14.58%), Sodium: 64.19mg (2.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.37g (30.74%), Vitamin B3: 5mg (24.98%), Selenium: 14.57µg (20.82%), Vitamin B6: 0.29mg (14.39%), Vitamin C: 11.85mg (14.36%), Vitamin A: 684.07IU (13.68%), Phosphorus: 135.85mg (13.58%), Potassium: 261.97mg (7.48%), Vitamin B2: 0.12mg (7.12%), Zinc: 1.02mg (6.82%), Vitamin B5: 0.66mg (6.56%), Iron: 1.11mg (6.16%), Folate: 24µg (6%), Magnesium: 19.79mg (4.95%), Manganese: 0.1mg (4.78%), Copper: 0.08mg (4.05%), Vitamin B1: 0.06mg (3.7%), Vitamin K: 3.77µg (3.59%), Vitamin B12: 0.17µg (2.82%), Fiber: 0.59g (2.35%), Calcium: 17.93mg (1.79%)