



Chicken and Mango Salad in Lettuce Bowl



Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



369 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 large head boston lettuce
- ☐ 15 oz black beans rinsed drained canned
- ☐ 4 oz colby cheese shredded
- ☐ 1 small cucumber cut into 1/4-inch slices cut in half lengthwise,
- ☐ 1 jar mangos refrigerated cut into chunks,) (1 lb 8 oz)
- ☐ 0.5 cup ranch dressing
- ☐ 0.5 cup bell pepper red chopped
- ☐ 1.5 cups rotisserie chicken cut skinless chopped ()

☐ 1 cup corn syrup white frozen (from 24-oz bag)

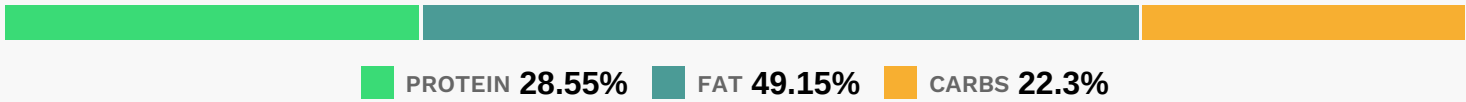
Equipment

☐ bowl

Directions

- ☐ Cook corn as directed on bag until crisp-tender.
- ☐ Drain; rinse with cold water to cool.
- ☐ In large bowl, place corn and remaining ingredients except lettuce; toss gently to mix.
- ☐ Place lettuce on serving plate; spoon chicken mixture into lettuce.

Nutrition Facts



Properties

Glycemic Index:16.46, Glycemic Load:0.23, Inflammation Score:-8, Nutrition Score:14.273913046588%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 368.71kcal (18.44%), Fat: 20.51g (31.55%), Saturated Fat: 6.62g (41.35%), Carbohydrates: 20.93g (6.98%), Net Carbohydrates: 14.6g (5.31%), Sugar: 4.19g (4.66%), Cholesterol: 79.94mg (26.65%), Sodium: 774.9mg (33.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.8g (53.61%), Vitamin K: 57.72µg (54.97%), Vitamin A: 1508.1IU (30.16%), Vitamin C: 21.31mg (25.83%), Fiber: 6.33g (25.32%), Phosphorus: 241.48mg (24.15%), Folate: 81.87µg (20.47%), Calcium: 174.46mg (17.45%), Manganese: 0.31mg (15.63%), Vitamin B2: 0.22mg (13%), Potassium: 446.72mg (12.76%), Iron: 2.14mg (11.89%), Magnesium: 46.87mg (11.72%), Vitamin B1: 0.16mg (10.57%), Copper: 0.19mg (9.39%), Zinc: 1.27mg (8.44%), Vitamin B6: 0.16mg (8.23%), Selenium: 4.77µg (6.81%), Vitamin B5: 0.67mg (6.66%), Vitamin B3: 1.12mg (5.62%), Vitamin E: 0.77mg (5.16%), Vitamin B12: 0.19µg (3.18%)