



Chicken and Mango Salad with Ginger-Orange Dressing

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



290 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons candied ginger finely chopped
- 1 large mangos pitted peeled cut into 1/2-inch-thick slices
- 0.3 cup orange juice concentrate frozen thawed
- 0.5 small onion paper-thin red sliced
- 1.3 pounds chicken breast halves boneless skinless (3)
- 2 large bunches watercress trimmed
- 2 tablespoons rice vinegar

0.5 cup vegetable oil

Equipment

bowl

frying pan

whisk

cutting board

Directions

Whisk 1/2 cup oil and next 3 ingredients in small bowl to blend. Season dressing to taste with salt and pepper.

Heat remaining 1 tablespoon oil in heavy large skillet over medium-low heat.

Sprinkle chicken with salt and pepper; add to skillet. Cover and sauté until cooked through, about 6 minutes per side.

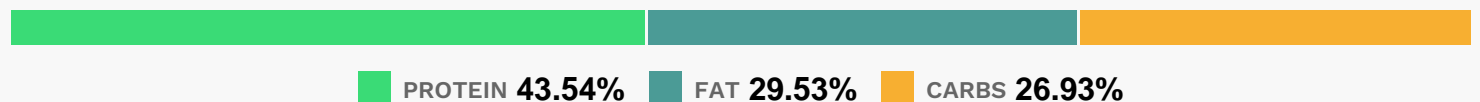
Transfer to cutting board.

Cut crosswise into slices; cool 5 minutes.

Mound watercress on plates; top with chicken, mango, and red onion.

Drizzle with dressing and serve.

Nutrition Facts



Properties

Glycemic Index:40.19, Glycemic Load:3.88, Inflammation Score:-7, Nutrition Score:19.528260891852%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.04mg, Myricetin: 0.04mg,

Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg

Nutrients (% of daily need)

Calories: 290.15kcal (14.51%), Fat: 9.38g (14.43%), Saturated Fat: 1.7g (10.62%), Carbohydrates: 19.24g (6.41%), Net Carbohydrates: 18g (6.55%), Sugar: 16.74g (18.6%), Cholesterol: 90.72mg (30.24%), Sodium: 167.86mg (7.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.1g (62.21%), Vitamin B3: 15.34mg (76.7%), Selenium: 45.85µg (65.51%), Vitamin B6: 1.19mg (59.33%), Vitamin C: 47.51mg (57.59%), Phosphorus: 320.35mg (32.03%), Vitamin B5: 2.24mg (22.4%), Potassium: 744.94mg (21.28%), Vitamin A: 685.96IU (13.72%), Vitamin K: 13.86µg (13.2%), Magnesium: 49.8mg (12.45%), Vitamin B2: 0.2mg (11.58%), Folate: 44.25µg (11.06%), Vitamin B1: 0.16mg (10.72%), Vitamin E: 1.3mg (8.63%), Zinc: 0.92mg (6.15%), Copper: 0.11mg (5.62%), Fiber: 1.24g (4.97%), Vitamin B12: 0.28µg (4.72%), Manganese: 0.09mg (4.29%), Iron: 0.7mg (3.88%), Calcium: 23.77mg (2.38%)