



 **73%**
HEALTH SCORE

Chicken and Melon Salad with Yogurt Dressing

 **Gluten Free**  **Very Healthy**

READY IN



10 min.

SERVINGS



1

CALORIES



282 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.1 cantaloupe
- 0.7 cup oscar mayer carving board flame grilled chicken breast strips
- 4 lettuce leaves
- 1 Tbsp vanilla yogurt low-fat
- 2 Tbsp slivered onions red
- 1 Tbsp planters walnut pieces
- 1 Tbsp seven seas italian

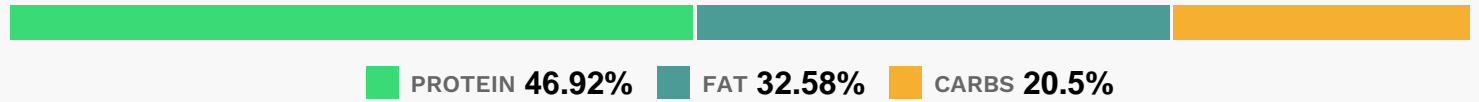
1 Tbsp seven seas italian

Equipment

Directions

- Cut cantaloupe into thin wedges; cut off and discard peels. Arrange cantaloupe on lettuce-covered serving plate; top with chicken.
- Combine yogurt and dressing; drizzle over salad.
- Sprinkle with the onions and walnuts.

Nutrition Facts



Properties

Glycemic Index:114.5, Glycemic Load:3.98, Inflammation Score:-10, Nutrition Score:22.628695316937%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 282.26kcal (14.11%), Fat: 10.25g (15.76%), Saturated Fat: 1.76g (11%), Carbohydrates: 14.51g (4.84%), Net Carbohydrates: 11.99g (4.36%), Sugar: 10.27g (11.41%), Cholesterol: 80.33mg (26.78%), Sodium: 130.85mg (5.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.2g (66.41%), Vitamin A: 9472.02IU (189.44%), Vitamin B3: 13.82mg (69.09%), Selenium: 29.08µg (41.54%), Vitamin B6: 0.77mg (38.52%), Manganese: 0.7mg (35.01%), Vitamin C: 26.57mg (32.21%), Phosphorus: 319.77mg (31.98%), Potassium: 650.6mg (18.59%), Magnesium: 69.52mg (17.38%), Vitamin B2: 0.28mg (16.57%), Vitamin B1: 0.25mg (16.46%), Folate: 65.67µg (16.42%), Copper: 0.27mg (13.69%), Iron: 2.44mg (13.58%), Zinc: 1.94mg (12.92%), Vitamin B5: 1.17mg (11.65%), Calcium: 103.37mg (10.34%), Fiber: 2.52g (10.09%), Vitamin B12: 0.42µg (7.06%), Vitamin E: 0.65mg (4.35%), Vitamin K: 2.51µg (2.39%)