



 **71%**  
HEALTH SCORE

## Chicken-and-Rice Salad

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

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**585 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 0.8 cup arugula chopped
- 1 cup chicken broth
- 3 cups meat from a rotisserie chicken cooked chopped
- 0.3 cup green onions chopped
- 4 servings lettuce leaves
- 1 cup pecans coarsely chopped
- 0.3 teaspoon pepper
- 1 bell pepper red chopped

- 6 ounce rice mix long-grain wild
- 2 tablespoons rice wine vinegar
- 0.3 teaspoon salt
- 1.5 tablespoons sesame oil
- 1.5 tablespoons soya sauce

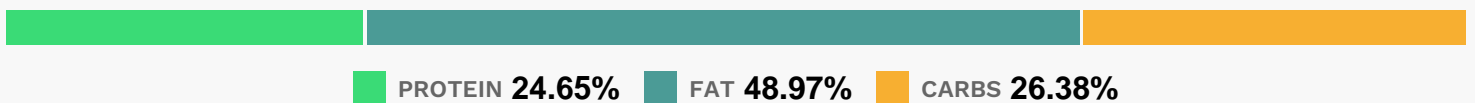
## Equipment

- bowl
- frying pan
- oven
- whisk

## Directions

- Cook rice according to package directions, substituting 1 cup chicken broth for 1 cup water; cool.
- Bake pecans in a shallow pan at 350, stirring often, 5 to 10 minutes or until toasted.
- Combine rice, pecans, chicken, and next 3 ingredients in a bowl.
- Whisk together soy sauce and next 4 ingredients; pour over chicken mixture, tossing gently.
- Serve on individual lettuce-lined plates.

## Nutrition Facts



## Properties

Glycemic Index:64.75, Glycemic Load:17.04, Inflammation Score:-10, Nutrition Score:30.530435002368%

## Flavonoids

Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epigallocatechin 3-gallate: 0.63mg

Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg  
Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg,  
Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol:  
1.4mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

## Nutrients (% of daily need)

Calories: 585.47kcal (29.27%), Fat: 32.55g (50.08%), Saturated Fat: 4.43g (27.68%), Carbohydrates: 39.47g (13.16%), Net Carbohydrates: 33.04g (12.01%), Sugar: 4.23g (4.7%), Cholesterol: 79.93mg (26.64%), Sodium: 832.19mg (36.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.87g (73.73%), Manganese: 2.02mg (100.9%), Vitamin B3: 12.29mg (61.43%), Vitamin A: 2927.98IU (58.56%), Vitamin C: 44.44mg (53.86%), Phosphorus: 491.81mg (49.18%), Selenium: 28.61µg (40.88%), Vitamin B6: 0.79mg (39.25%), Zinc: 5.6mg (37.35%), Magnesium: 143.58mg (35.89%), Copper: 0.64mg (32.15%), Fiber: 6.43g (25.7%), Vitamin B2: 0.4mg (23.76%), Vitamin B1: 0.36mg (23.7%), Folate: 83.32µg (20.83%), Vitamin K: 21.16µg (20.16%), Potassium: 700.91mg (20.03%), Iron: 3.5mg (19.46%), Vitamin B5: 1.86mg (18.6%), Vitamin E: 1.42mg (9.47%), Calcium: 66.65mg (6.67%), Vitamin B12: 0.32µg (5.27%)