



Chicken and Spring Greens with Açaí Dressing



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



236 kcal

Ingredients

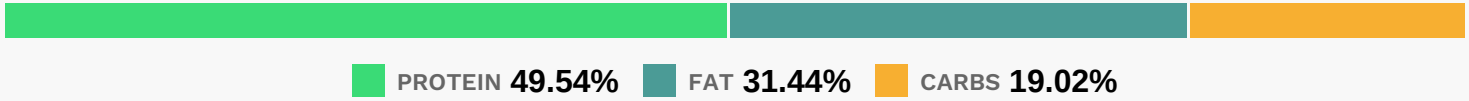
- ☐ 0.8 cup açaí dressing
- ☐ 8 cups baby salad greens mixed
- ☐ 0.8 pound chicken breast cooked chopped
- ☐ 0.3 cup pecans toasted chopped
- ☐ 0.5 cup onion red

Equipment

Directions

- ☐ Arrange 2 cups salad greens on each of 4 plates. Top each evenly with chicken, onion slices, and pecans.
- ☐ Drizzle 3 tablespoons dressing over each salad.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:0.44, Inflammation Score:-7, Nutrition Score:14.093478208003%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 235.79kcal (11.79%), Fat: 8.02g (12.33%), Saturated Fat: 1.3g (8.1%), Carbohydrates: 10.91g (3.64%), Net Carbohydrates: 9.91g (3.6%), Sugar: 5.85g (6.5%), Cholesterol: 72.29mg (24.1%), Sodium: 86.51mg (3.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.42g (56.84%), Vitamin B3: 12.2mg (61.02%), Selenium: 24.15µg (34.5%), Vitamin B6: 0.61mg (30.63%), Vitamin C: 20.9mg (25.33%), Phosphorus: 249.78mg (24.98%), Manganese: 0.46mg (23.22%), Vitamin A: 989.99IU (19.8%), Potassium: 427.23mg (12.21%), Magnesium: 43.71mg (10.93%), Vitamin B5: 1mg (10%), Iron: 1.75mg (9.71%), Folate: 38.3µg (9.58%), Vitamin B1: 0.14mg (9.18%), Zinc: 1.36mg (9.07%), Vitamin B2: 0.15mg (8.89%), Copper: 0.17mg (8.56%), Vitamin B12: 0.29µg (4.82%), Calcium: 44.35mg (4.43%), Fiber: 0.99g (3.98%), Vitamin E: 0.33mg (2.19%)