



Chicken and Strawberries Over Mixed Greens



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



196 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.1 teaspoon pepper black
- ☐ 0.3 cup celery finely chopped
- ☐ 2 tablespoons golden raisins
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.5 teaspoon paprika
- ☐ 0.3 cup onion red finely chopped
- ☐ 2 cups roasted boneless skinless chopped (2 breasts)

- ☐ 4 cups gourmet salad greens
- ☐ 0.1 teaspoon salt
- ☐ 1 tablespoon sesame seed toasted
- ☐ 2 cups strawberries quartered (1 pint)
- ☐ 1 tablespoon teaspoon tarragon dried fresh chopped

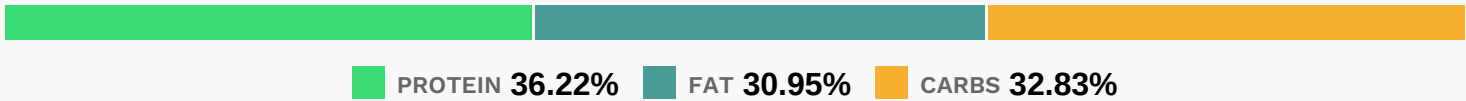
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 5 ingredients in a large bowl.
- ☐ Combine sesame seeds and next 6 ingredients (sesame seeds through pepper) in a small bowl, stirring well with a whisk.
- ☐ Pour over chicken mixture; toss well to coat. Cover and chill 1 hour.
- ☐ Serve over salad greens.

Nutrition Facts



Properties

Glycemic Index:89.42, Glycemic Load:6.12, Inflammation Score:-7, Nutrition Score:16.680434579435%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 196.05kcal (9.8%), Fat: 6.9g (10.62%), Saturated Fat: 1.12g (7.01%), Carbohydrates: 16.48g (5.49%), Net Carbohydrates: 13.91g (5.06%), Sugar: 9.27g (10.3%), Cholesterol: 48mg (16%), Sodium: 181.44mg (7.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.18g (36.36%), Vitamin C: 54.88mg (66.52%), Vitamin B3: 8.72mg (43.61%), Vitamin B6: 0.74mg (36.88%), Selenium: 25.38µg (36.26%), Manganese: 0.6mg (30.15%), Phosphorus: 224.59mg (22.46%), Potassium: 627.03mg (17.92%), Vitamin A: 720.75IU (14.42%), Magnesium: 52.27mg (13.07%), Vitamin B5: 1.26mg (12.63%), Folate: 47.74µg (11.93%), Iron: 1.97mg (10.93%), Copper: 0.21mg (10.37%), Fiber: 2.57g (10.28%), Vitamin B2: 0.17mg (9.71%), Calcium: 72.32mg (7.23%), Vitamin B1: 0.11mg (7.13%), Vitamin K: 6.93µg (6.6%), Vitamin E: 0.97mg (6.45%), Zinc: 0.92mg (6.1%), Vitamin B12: 0.15µg (2.5%)