



## Chicken-Berry Salad

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



25

CALORIES



59 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 cups poached berries mixed fresh sliced (blueberries, raspberries, strawberries)
- 0.3 cup planters pecans toasted chopped
- 0.8 cup seasons dressing mix (italian with less oil version as directed on package) good prepared
- 8 cups torn salad greens loosely packed
- 1 lb chicken breasts boneless skinless cooked cut into strips
- 8 oz sugar snap peas frozen thawed drained

### Equipment

- bowl

## Directions

- Toss greens with all remaining ingredients except dressing in large bowl.
- Add dressing just before serving; mix lightly.

## Nutrition Facts



## Properties

Glycemic Index:0.4, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:3.7195652409092%

## Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Petunidin: 2.25mg, Petunidin: 2.25mg, Petunidin: 2.25mg, Petunidin: 2.25mg Delphinidin: 2.75mg, Delphinidin: 2.75mg, Delphinidin: 2.75mg, Delphinidin: 2.75mg Malvidin: 6.16mg, Malvidin: 6.16mg, Malvidin: 6.16mg, Malvidin: 6.16mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

## Nutrients (% of daily need)

Calories: 59.44kcal (2.97%), Fat: 1.29g (1.98%), Saturated Fat: 0.18g (1.1%), Carbohydrates: 6.69g (2.23%), Net Carbohydrates: 6.03g (2.19%), Sugar: 1.45g (1.61%), Cholesterol: 11.61mg (3.87%), Sodium: 557.18mg (24.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.41g (8.82%), Vitamin C: 8.95mg (10.85%), Vitamin B3: 2.09mg (10.47%), Selenium: 5.97µg (8.53%), Vitamin B6: 0.17mg (8.5%), Manganese: 0.11mg (5.32%), Phosphorus: 52.01mg (5.2%), Vitamin A: 255.72IU (5.11%), Vitamin K: 4.37µg (4.16%), Vitamin B5: 0.37mg (3.66%), Potassium: 118.05mg (3.37%), Fiber: 0.67g (2.66%), Vitamin B1: 0.04mg (2.64%), Folate: 10.36µg (2.59%), Magnesium: 10.12mg (2.53%), Vitamin B2: 0.04mg (2.22%), Iron: 0.38mg (2.13%), Copper: 0.03mg (1.72%), Zinc: 0.21mg (1.4%)