



Chicken, Bibb, and Arugula Salad with Raspberry Vinaigrette

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



265 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 ounces arugula packed
- ☐ 1 large head boston lettuce
- ☐ 0.3 teaspoon pepper black
- ☐ 2 cups rotisserie chicken cut thinly sliced
- ☐ 1 tablespoon honey
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 0.3 cup pumpkin seeds shelled toasted
- ☐ 0.5 cup raspberries unsweetened frozen thawed

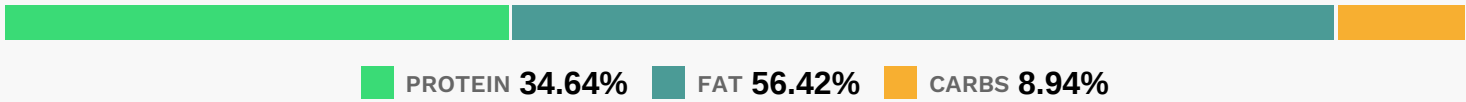
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Pure raspberries, olive oil, lemon juice, honey, salt, and pepper in blender.
- ☐ In a large salad bowl, toss lettuce, arugula, and pumpkin seeds with vinaigrette. Arrange chicken on top.

Nutrition Facts



Properties

Glycemic Index:25.38, Glycemic Load:1.79, Inflammation Score:-7, Nutrition Score:7.7582609290662%

Flavonoids

Cyanidin: 4.58mg, Cyanidin: 4.58mg, Cyanidin: 4.58mg, Cyanidin: 4.58mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg Kaempferol: 6.61mg, Kaempferol: 6.61mg, Kaempferol: 6.61mg, Kaempferol: 6.61mg Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg

Nutrients (% of daily need)

Calories: 264.98kcal (13.25%), Fat: 17.02g (26.18%), Saturated Fat: 3.21g (20.08%), Carbohydrates: 6.07g (2.02%), Net Carbohydrates: 4.61g (1.68%), Sugar: 4.14g (4.6%), Cholesterol: 75.71mg (25.24%), Sodium: 474.58mg (20.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.5g (47.01%), Vitamin K: 54.92µg (52.31%), Vitamin A: 1352.73IU (27.05%), Manganese: 0.31mg (15.6%), Folate: 42.9µg (10.72%), Vitamin E: 1.58mg (10.53%), Vitamin C: 8.46mg (10.26%), Magnesium: 30.92mg (7.73%), Fiber: 1.45g (5.82%), Iron: 1mg (5.53%), Phosphorus: 55.24mg (5.52%), Potassium: 179.28mg (5.12%), Calcium: 44.56mg (4.46%), Copper: 0.07mg (3.34%), Zinc: 0.41mg (2.7%), Vitamin B2: 0.04mg (2.54%), Vitamin B6: 0.05mg (2.44%), Vitamin B1: 0.04mg (2.37%), Vitamin B5: 0.19mg (1.86%), Vitamin B3: 0.36mg (1.79%)