



Chicken Fruit Salad

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



236 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup yogurt plain fat-free
- ☐ 2 tablespoons salad dressing
- ☐ 1 cup roasted chicken cubed cooked
- ☐ 0.7 cup grapes green seedless
- ☐ 0.8 cup peaches fresh chopped
- ☐ 0.5 cup celery stalks diced
- ☐ 1 teaspoon mint leaves fresh chopped

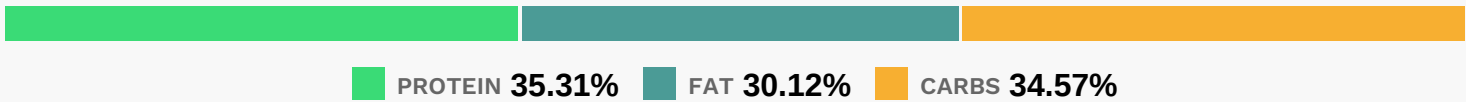
Equipment

☐ bowl

Directions

- ☐ Mix yogurt and mayonnaise in medium bowl until smooth. Stir in remaining ingredients.
- ☐ Cover and refrigerate at least 30 minutes until chilled.

Nutrition Facts



Properties

Glycemic Index:59.13, Glycemic Load:6.09, Inflammation Score:-4, Nutrition Score:11.620434740315%

Flavonoids

Cyanidin: 1.11mg, Cyanidin: 1.11mg, Cyanidin: 1.11mg, Cyanidin: 1.11mg Catechin: 2.84mg, Catechin: 2.84mg, Catechin: 2.84mg, Catechin: 2.84mg Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg Epicatechin: 1.35mg, Epicatechin: 1.35mg, Epicatechin: 1.35mg, Epicatechin: 1.35mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 235.92kcal (11.8%), Fat: 7.95g (12.23%), Saturated Fat: 1.78g (11.1%), Carbohydrates: 20.53g (6.84%), Net Carbohydrates: 18.8g (6.84%), Sugar: 17.63g (19.59%), Cholesterol: 53.32mg (17.77%), Sodium: 251.69mg (10.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.97g (41.94%), Vitamin B3: 6.23mg (31.14%), Selenium: 20.33µg (29.05%), Vitamin K: 24.4µg (23.24%), Phosphorus: 229.48mg (22.95%), Vitamin B6: 0.39mg (19.7%), Vitamin B2: 0.27mg (15.65%), Potassium: 508.71mg (14.53%), Vitamin B5: 1.12mg (11.18%), Zinc: 1.67mg (11.14%), Calcium: 109.04mg (10.9%), Magnesium: 34.12mg (8.53%), Copper: 0.17mg (8.33%), Vitamin B1: 0.12mg (7.98%), Vitamin B12: 0.45µg (7.53%), Iron: 1.35mg (7.5%), Vitamin A: 373.58IU (7.47%), Fiber: 1.73g (6.91%), Vitamin C: 5.2mg (6.3%), Vitamin E: 0.89mg (5.95%), Manganese: 0.12mg (5.79%), Folate: 22.02µg (5.5%)