



 **78%**
HEALTH SCORE

Chicken Mango Salsa Salad with Chipotle Lime Vinaigrette

 **Gluten Free**  **Very Healthy**

READY IN

30 min.

SERVINGS

6

CALORIES

203 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 10 ounce baby spinach leaves
- 2 tablespoons cheese blue crumbled
- 1 cup broccoli coleslaw mix
- 1 cup meat from a rotisserie chicken diced cooked
- 0.3 cup cilantro leaves chopped
- 2 tablespoons cranberries dried
- 0.3 teaspoon garlic powder

- 3 tablespoons bell pepper diced green
- 0.5 teaspoon ground chipotle chile powder
- 0.5 teaspoon ground cumin
- 1 jalapeno seeded chopped to taste
- 1 juice of lime juiced
- 0.3 cup juice of lime
- 1 mangos diced peeled seeded
- 0.5 cup olive oil
- 0.5 onion chopped
- 2 tablespoons pecans chopped
- 3 tablespoons bell pepper diced red
- 2 roma tomatoes chopped (plum)
- 0.3 cup sugar white
- 2 tablespoons bell pepper diced yellow

Equipment

- bowl
- whisk

Directions

- Mix mango, tomatoes, onion, jalapeno pepper, cilantro, and juice of 1 lime in a large bowl; set aside.
- Whisk olive oil, 1/4 cup lime juice, sugar, chipotle chile powder, cumin, and garlic powder together in a bowl; set aside.
- Toss spinach leaves, broccoli coleslaw mix, chicken, red, green, and yellow bell peppers, cranberries, and pecans together in a large bowl.
- Spread mango salsa and blue cheese on top.
- Drizzle lime dressing over salad and toss before serving.

Nutrition Facts



■ PROTEIN 17.38% ■ FAT 36.72% ■ CARBS 45.9%

Properties

Glycemic Index:61.97, Glycemic Load:8.96, Inflammation Score:-10, Nutrition Score:23.227391541652%

Flavonoids

Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.83mg, Catechin: 0.83mg, Catechin: 0.83mg, Catechin: 0.83mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 3.11mg, Kaempferol: 3.11mg, Kaempferol: 3.11mg, Kaempferol: 3.11mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 4.77mg, Quercetin: 4.77mg, Quercetin: 4.77mg, Quercetin: 4.77mg

Nutrients (% of daily need)

Calories: 202.83kcal (10.14%), Fat: 8.84g (13.6%), Saturated Fat: 1.66g (10.4%), Carbohydrates: 24.87g (8.29%), Net Carbohydrates: 21.86g (7.95%), Sugar: 18.63g (20.7%), Cholesterol: 19.25mg (6.42%), Sodium: 93.05mg (4.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.41g (18.83%), Vitamin K: 237.4µg (226.09%), Vitamin A: 5378.77IU (107.58%), Vitamin C: 69.63mg (84.4%), Manganese: 0.72mg (36.18%), Folate: 133.51µg (33.38%), Vitamin B6: 0.35mg (17.54%), Potassium: 579.85mg (16.57%), Vitamin E: 2.35mg (15.69%), Magnesium: 62.41mg (15.6%), Vitamin B3: 2.94mg (14.68%), Iron: 2.22mg (12.34%), Fiber: 3.02g (12.06%), Phosphorus: 119.24mg (11.92%), Vitamin B2: 0.19mg (11.47%), Selenium: 7.69µg (10.99%), Copper: 0.2mg (9.97%), Calcium: 87.97mg (8.8%), Vitamin B1: 0.12mg (8.1%), Zinc: 1.04mg (6.94%), Vitamin B5: 0.59mg (5.92%), Vitamin B12: 0.1µg (1.6%)