

Chicken Orzo Salad

 Dairy Free

READY IN



300 min.

SERVINGS



6

CALORIES



632 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cantaloupe cut into bite-size pieces
- 0.8 cup cashew halves
- 4 cups chicken breast cooked chopped
- 1 head lettuce leaves for lining salad bowls
- 1 cup mayonnaise low-fat
- 0.3 cup olive oil
- 0.3 cup orange juice
- 1 teaspoon orange zest grated

- 1.5 cups orzo pasta uncooked
- 1 cup grapes red seedless halved
- 0.8 teaspoon salt
- 1.5 tablespoons vinegar

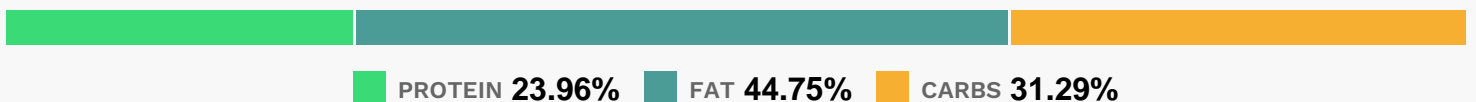
Equipment

- bowl
- whisk
- pot

Directions

- Bring a large pot of lightly salted water to a boil.
- Add pasta, and cook for 8 to 10 minutes or until al dente. Rinse with cold water, drain, and set aside.
- In a large bowl, whisk together oil, orange juice, vinegar, salt, and orange zest. Stir in cooked chicken until coated. Stir in cooked orzo, cantaloupe, grape halves, and mayonnaise. Cover and chill for 4 to 6 hours. Just before serving, stir in cashews.
- Serve in lettuce lined bowls.

Nutrition Facts



Properties

Glycemic Index:47.12, Glycemic Load:19.46, Inflammation Score:-9, Nutrition Score:25.622173874275%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 631.59kcal (31.58%), Fat: 31.48g (48.44%), Saturated Fat: 5.31g (33.18%), Carbohydrates: 49.54g (16.51%), Net Carbohydrates: 46.79g (17.01%), Sugar: 15.31g (17.01%), Cholesterol: 85.31mg (28.44%), Sodium: 701.27mg (30.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.93g (75.87%), Selenium: 55.26µg (78.95%), Vitamin B3: 14.34mg (71.71%), Vitamin A: 3208.19IU (64.16%), Phosphorus: 407.6mg (40.76%), Vitamin K: 39.26µg (37.39%), Vitamin B6: 0.74mg (37.23%), Manganese: 0.69mg (34.49%), Copper: 0.63mg (31.53%), Magnesium: 109.77mg (27.44%), Vitamin E: 3.08mg (20.56%), Vitamin C: 16.56mg (20.08%), Zinc: 2.85mg (19%), Potassium: 655.02mg (18.71%), Iron: 3.12mg (17.35%), Vitamin B1: 0.24mg (16.17%), Vitamin B5: 1.35mg (13.54%), Fiber: 2.75g (11.01%), Vitamin B2: 0.18mg (10.84%), Folate: 32.65µg (8.16%), Vitamin B12: 0.32µg (5.29%), Calcium: 43.15mg (4.32%)