



Chicken, Rice, and Tropical Fruit Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



400 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup almonds toasted sliced
- ☐ 1 cup rice uncooked
- ☐ 1.5 tablespoons canola oil
- ☐ 2 cups rotisserie chicken breast boneless skinless cubed
- ☐ 2 tablespoons mint leaves fresh finely chopped
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 1 cup mangos jarred peeled drained sliced chopped (such as Del Monte SunFresh)
- ☐ 1 cup pineapple fresh cubed

- ☐ 0.5 cup grapes red seedless halved
- ☐ 4 romaine lettuce leaves
- ☐ 0.3 teaspoon salt

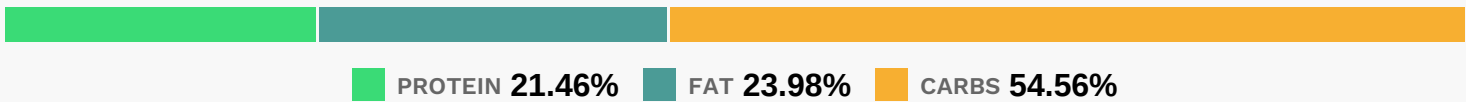
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Cook rice according to package directions, omitting salt and fat. Cool.
- ☐ Combine rice and next 5 ingredients.
- ☐ Combine mint and next 3 ingredients in a small bowl, stirring with a whisk.
- ☐ Drizzle mint mixture over rice mixture; toss well. Cover and chill.
- ☐ Place 1 lettuce leaf on each of four plates. Spoon 1 1/2 cups rice mixture onto each lettuce leaf.
- ☐ for your toddler: Omit the lettuce leaf.
- ☐ Place a spoonful of the salad in a small bowl or resealable plastic dish. Refrigerate it until serving time, or pack it in an insulated bag.
- ☐ Serve it with whole-wheat crackers, cucumber slices, and milk. Remember to pack a spoon or fork.
- ☐ Rotisserie Chicken Rotisserie chicken is great to keep on hand for a quick meal. When buying rotisserie chicken at the grocery store, pick it up at the end of your shopping trip so it stays hot until you get it home.
- ☐ Serve or refrigerate it within two hours or sooner in hot weather. It'll keep in the refrigerator for three to four days.

Nutrition Facts



Properties

Glycemic Index:56.9, Glycemic Load:29.49, Inflammation Score:-9, Nutrition Score:23.152173767919%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 1.06mg, Eriodictyol: 1.06mg, Eriodictyol: 1.06mg, Eriodictyol: 1.06mg Hesperetin: 1.07mg, Hesperetin: 1.07mg, Hesperetin: 1.07mg, Hesperetin: 1.07mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 400.16kcal (20.01%), Fat: 10.72g (16.5%), Saturated Fat: 1.18g (7.4%), Carbohydrates: 54.91g (18.3%), Net Carbohydrates: 51.38g (18.68%), Sugar: 13.42g (14.91%), Cholesterol: 48mg (16%), Sodium: 238.99mg (10.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.59g (43.19%), Vitamin A: 3050.6IU (61.01%), Manganese: 1.14mg (57.07%), Vitamin C: 40.33mg (48.88%), Vitamin B3: 9.42mg (47.12%), Selenium: 31.65µg (45.21%), Vitamin B6: 0.78mg (39.18%), Vitamin K: 37.42µg (35.63%), Phosphorus: 261.87mg (26.19%), Vitamin E: 3.04mg (20.3%), Folate: 76.82µg (19.21%), Vitamin B5: 1.8mg (17.99%), Potassium: 612.36mg (17.5%), Copper: 0.32mg (15.95%), Magnesium: 63.24mg (15.81%), Fiber: 3.53g (14.13%), Vitamin B2: 0.23mg (13.62%), Vitamin B1: 0.17mg (11.53%), Zinc: 1.31mg (8.76%), Iron: 1.52mg (8.44%), Calcium: 59.7mg (5.97%), Vitamin B12: 0.15µg (2.5%)