



WHATSheATE



Chicken, Rice, and Tropical Fruit Salad



Gluten Free



Dairy Free

READY IN



39 min.

SERVINGS



4

CALORIES



400 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup almonds toasted sliced
- ☐ 1 cup rice uncooked
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 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

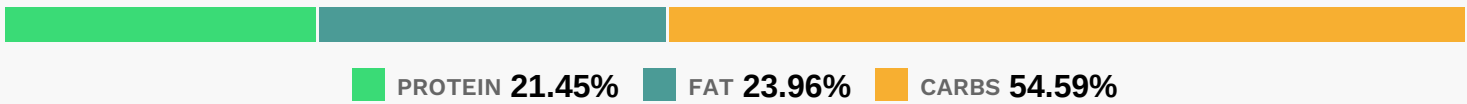
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Cook rice according to package directions, omitting salt and fat. Cool.
- ☐ Combine rice and next 5 ingredients (through sliced almonds).
- ☐ Combine mint, juice, oil, salt, and pepper 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.
- ☐ Garnish with mint sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:64.9, Glycemic Load:29.51, Inflammation Score:-9, Nutrition Score:23.21869570276%

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: 400.48kcal (20.02%), Fat: 10.73g (16.51%), Saturated Fat: 1.19g (7.41%), Carbohydrates: 54.99g (18.33%), Net Carbohydrates: 51.42g (18.7%), Sugar: 13.42g (14.91%), Cholesterol: 48mg (16%), Sodium: 239.01mg (10.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.61g (43.21%), Vitamin A: 3051.29IU (61.03%), Manganese: 1.16mg (57.87%), Vitamin C: 40.33mg (48.88%), Vitamin B3: 9.43mg (47.13%), Selenium: 31.65µg (45.22%), Vitamin B6: 0.78mg (39.19%), Vitamin K: 37.62µg (35.83%), Phosphorus: 262.07mg (26.21%), Vitamin E: 3.05mg (20.3%), Folate: 76.85µg (19.21%), Vitamin B5: 1.8mg (18.01%), Potassium: 614.02mg (17.54%), Copper: 0.32mg (16.03%), Magnesium: 63.46mg (15.86%), Fiber: 3.56g (14.26%), Vitamin B2: 0.23mg (13.63%), Vitamin B1: 0.17mg (11.53%), Zinc: 1.32mg (8.77%), Iron: 1.53mg (8.5%), Calcium: 60.25mg (6.03%), Vitamin B12: 0.15µg (2.5%)