



## Chicken Salad with Pineapple-Chipotle Dressing

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 oz dole pineapple tidbits unsweetened crushed drained canned
- 0.3 cup juice of lime
- 3 tablespoons olive oil
- 2 tablespoons honey
- 1 tablespoon chipotles in adobo chopped (from 7)
- 0.5 teaspoon salt
- 16 oz lettuce red (iceberg lettuce, carrots and cabbage)

- 2 cups roasted chicken cubed cooked
- 1 cup cherry tomatoes halved
- 0.5 cup carrots (2x)
- 1 avocado diced pitted peeled

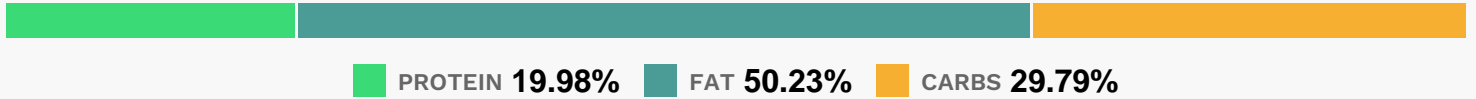
## Equipment

- food processor
- bowl
- blender

## Directions

- In food processor bowl with metal blade or blender container, combine all dressing ingredients; process until smooth. In large bowl, combine all salad ingredients.
- Just before serving, add dressing to salad; toss gently to mix.

## Nutrition Facts



## Properties

Glycemic Index:42.78, Glycemic Load:6.03, Inflammation Score:-10, Nutrition Score:20.600869510485%

## Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg

## Nutrients (% of daily need)

Calories: 392.74kcal (19.64%), Fat: 22.84g (35.14%), Saturated Fat: 3.82g (23.9%), Carbohydrates: 30.48g (10.16%), Net Carbohydrates: 23.83g (8.66%), Sugar: 21.55g (23.94%), Cholesterol: 52.5mg (17.5%), Sodium: 374.82mg (16.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.44g (40.88%), Vitamin A: 3565.06IU (71.3%), Vitamin K: 47.88µg (45.6%), Vitamin B3: 7.09mg (35.44%), Vitamin C: 29.07mg (35.24%), Vitamin B6: 0.57mg (28.4%), Fiber: 6.65g (26.6%), Selenium: 18.07µg (25.81%), Potassium: 795.84mg (22.74%), Folate: 90.03µg (22.51%), Vitamin E: 3.13mg (20.84%), Phosphorus: 206.45mg (20.65%), Vitamin B5: 1.61mg (16.05%), Manganese: 0.3mg (14.99%), Vitamin B1: 0.21mg (14.03%), Vitamin B2: 0.23mg (13.7%), Copper: 0.27mg (13.45%), Magnesium: 52.82mg (13.2%), Iron: 2.26mg (12.57%), Zinc: 1.74mg (11.62%), Calcium: 57.03mg (5.7%), Vitamin B12: 0.2µg (3.38%)