



Chicken Salad with Roasted Peppers



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup prechopped bell pepper refrigerated green
- ☐ 0.5 cup prediced celery refrigerated
- ☐ 0.8 pound chicken breast cooked chopped
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.5 cup cranberries dried
- ☐ 0.3 cup mayonnaise light
- ☐ 2 teaspoons soya sauce low-sodium
- ☐ 0.3 cup prechopped onion refrigerated red

- ☐ 0.3 cup pecans toasted chopped
- ☐ 0.5 cup bottled roasted bell peppers red chopped

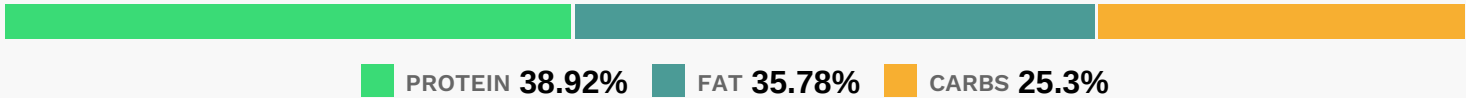
Equipment

- ☐ bowl

Directions

- ☐ Combine all ingredients in a medium bowl; toss well. Cover and chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:0.53, Inflammation Score:-7, Nutrition Score:15.320434707662%

Flavonoids

Cyanidin: 0.82mg, Cyanidin: 0.82mg, Cyanidin: 0.82mg, Cyanidin: 0.82mg Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 282.93kcal (14.15%), Fat: 11.38g (17.51%), Saturated Fat: 1.81g (11.3%), Carbohydrates: 18.1g (6.03%), Net Carbohydrates: 15.61g (5.68%), Sugar: 13.17g (14.63%), Cholesterol: 74.53mg (24.84%), Sodium: 522.34mg (22.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.85g (55.7%), Vitamin B3: 12.2mg (61%), Vitamin C: 33.22mg (40.26%), Selenium: 24.4µg (34.85%), Vitamin B6: 0.64mg (32.2%), Phosphorus: 234.89mg (23.49%), Manganese: 0.45mg (22.48%), Vitamin A: 799.57IU (15.99%), Vitamin K: 13.95µg (13.28%), Potassium: 380.93mg (10.88%), Magnesium: 42.25mg (10.56%), Vitamin B5: 1.04mg (10.39%), Fiber: 2.49g (9.96%), Vitamin E: 1.34mg (8.92%), Zinc: 1.32mg (8.8%), Vitamin B2: 0.15mg (8.72%), Vitamin B1: 0.13mg (8.71%), Copper: 0.17mg (8.62%), Iron: 1.46mg (8.1%), Folate: 24.41µg (6.1%), Vitamin B12: 0.29µg (4.82%), Calcium: 36.72mg (3.67%)