



Cilantro-Chicken Salad

 **Gluten Free**  **Low Fod Map**

READY IN



10 min.

SERVINGS



5

CALORIES



187 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 oz available in the asian foods section of some supermarkets and at asian markets mixed frozen thawed drained well
- 2 cups meat from a rotisserie chicken cooked chopped
- 0.3 cup cilantro leaves fresh chopped
- 0.3 cup miracle whip dressing light
- 2 Tbsp planters cocktail peanuts chopped
- 2 tsp soya sauce

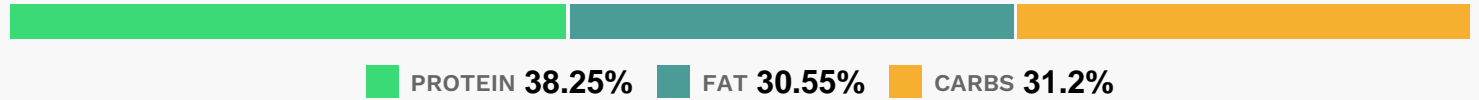
Equipment

bowl

Directions

- Mix dressing, cilantro and soy sauce until blended.
- Toss with combined vegetables and chicken in large bowl.
- Top with nuts.

Nutrition Facts



Properties

Glycemic Index:21.25, Glycemic Load:3.92, Inflammation Score:-10, Nutrition Score:14.051304262617%

Flavonoids

Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 186.71kcal (9.34%), Fat: 6.52g (10.03%), Saturated Fat: 1.49g (9.28%), Carbohydrates: 14.98g (4.99%), Net Carbohydrates: 10.69g (3.89%), Sugar: 1.36g (1.51%), Cholesterol: 43.15mg (14.38%), Sodium: 320.42mg (13.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.37g (36.73%), Vitamin A: 4692.43IU (93.85%), Vitamin B3: 6.29mg (31.45%), Selenium: 14.45µg (20.65%), Phosphorus: 180.71mg (18.07%), Manganese: 0.35mg (17.59%), Fiber: 4.29g (17.17%), Vitamin B6: 0.34mg (16.83%), Vitamin C: 9.65mg (11.7%), Vitamin B1: 0.17mg (11.62%), Magnesium: 42.22mg (10.56%), Potassium: 365.83mg (10.45%), Vitamin B2: 0.17mg (9.99%), Folate: 39.64µg (9.91%), Iron: 1.78mg (9.9%), Zinc: 1.36mg (9.06%), Copper: 0.16mg (7.87%), Vitamin B5: 0.78mg (7.77%), Calcium: 35.42mg (3.54%), Vitamin B12: 0.16µg (2.71%), Vitamin K: 2.48µg (2.36%)