



Citrus Chicken & Feta Salad

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



183 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup classic caesar dressing kraft
- 22 oz mandarin orange segments drained canned
- 12 oz oscar mayer carving board flame grilled chicken breast strips
- 4 oz athenos feta cheese crumbled traditional
- 0.5 cup onions red thinly sliced
- 6 cups torn romaine lettuce
- 0.5 bell pepper yellow cut into rings

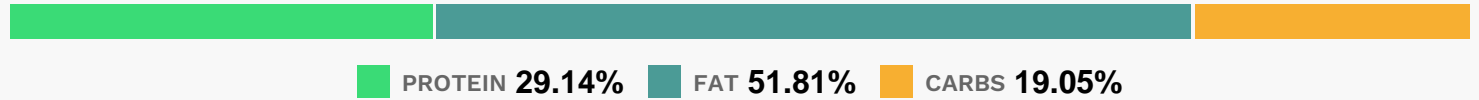
Equipment

bowl

Directions

- Toss lettuce with chicken, oranges, peppers, onions and cheese in large bowl.
- Add dressing; mix lightly.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:5.4, Glycemic Load:0.28, Inflammation Score:-9, Nutrition Score:13.769130525382%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

Nutrients (% of daily need)

Calories: 183.17kcal (9.16%), Fat: 10.57g (16.27%), Saturated Fat: 2.9g (18.15%), Carbohydrates: 8.75g (2.92%), Net Carbohydrates: 7.16g (2.6%), Sugar: 6.15g (6.83%), Cholesterol: 43.59mg (14.53%), Sodium: 302.44mg (13.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.38g (26.76%), Vitamin A: 3345.55IU (66.91%), Vitamin C: 33.82mg (40.99%), Vitamin K: 41.58µg (39.6%), Vitamin B3: 5.21mg (26.05%), Selenium: 11.7µg (16.71%), Vitamin B6: 0.32mg (16.12%), Phosphorus: 137.08mg (13.71%), Folate: 49.76µg (12.44%), Vitamin B2: 0.18mg (10.44%), Calcium: 85.93mg (8.59%), Vitamin B1: 0.12mg (8.2%), Potassium: 276.3mg (7.89%), Zinc: 1.1mg (7.33%), Fiber: 1.59g (6.36%), Magnesium: 24.58mg (6.14%), Iron: 1.04mg (5.78%), Vitamin E: 0.8mg (5.34%), Vitamin B12: 0.31µg (5.18%), Vitamin B5: 0.51mg (5.08%), Manganese: 0.07mg (3.72%), Copper: 0.07mg (3.5%)