



Creamy Poppyseed and Pine Nut Chicken Salad

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



333 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 oz oscar mayer carving board flame grilled chicken breast strips coarsely chopped
- 2 green onions chopped
- 2 oz pinenuts toasted ()
- 1 bell pepper red cut into strips
- 2 cups grapes red seedless halved
- 8 cups torn salad greens
- 0.8 cup creamy poppyseed dressing kraft

Equipment

bowl

Directions

- Combine all ingredients except dressing in large bowl.
- Add dressing just before serving; toss to coat.

Nutrition Facts



Properties

Glycemic Index:18.33, Glycemic Load:4.29, Inflammation Score:-8, Nutrition Score:17.840869877649%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 333.1kcal (16.66%), Fat: 19.45g (29.93%), Saturated Fat: 2.75g (17.19%), Carbohydrates: 20.56g (6.85%), Net Carbohydrates: 19.23g (6.99%), Sugar: 15.69g (17.44%), Cholesterol: 61.01mg (20.34%), Sodium: 324.08mg (14.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.45g (40.89%), Manganese: 1.02mg (50.9%), Vitamin C: 40.39mg (48.95%), Vitamin B3: 8.81mg (44.06%), Vitamin K: 42.52µg (40.5%), Vitamin A: 1334.28IU (26.69%), Selenium: 17.52µg (25.03%), Vitamin B6: 0.5mg (24.87%), Phosphorus: 234.24mg (23.42%), Vitamin E: 2.43mg (16.19%), Magnesium: 53.67mg (13.42%), Potassium: 453.26mg (12.95%), Copper: 0.26mg (12.77%), Vitamin B2: 0.19mg (10.9%), Iron: 1.88mg (10.43%), Vitamin B1: 0.15mg (9.89%), Folate: 39.15µg (9.79%), Zinc: 1.44mg (9.59%), Vitamin B5: 0.77mg (7.73%), Fiber: 1.32g (5.29%), Vitamin B12: 0.22µg (3.68%), Calcium: 29.06mg (2.91%)