



## Creamy Poppyseed and Pine Nut Chicken Salad

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



200 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

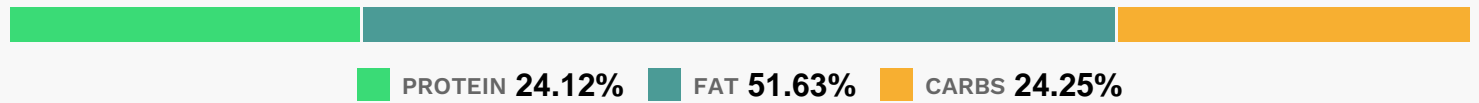
# Equipment

bowl

# Directions

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

# Nutrition Facts



# Properties

Glycemic Index:11, Glycemic Load:2.58, Inflammation Score:-6, Nutrition Score:10.703913148978%

# Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

# Nutrients (% of daily need)

Calories: 199.86kcal (9.99%), Fat: 11.67g (17.96%), Saturated Fat: 1.65g (10.31%), Carbohydrates: 12.33g (4.11%), Net Carbohydrates: 11.54g (4.2%), Sugar: 9.42g (10.46%), Cholesterol: 36.6mg (12.2%), Sodium: 194.45mg (8.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.27g (24.54%), Manganese: 0.61mg (30.54%), Vitamin C: 24.23mg (29.37%), Vitamin B3: 5.29mg (26.43%), Vitamin K: 25.51µg (24.3%), Vitamin A: 800.57IU (16.01%), Selenium: 10.51µg (15.02%), Vitamin B6: 0.3mg (14.92%), Phosphorus: 140.54mg (14.05%), Vitamin E: 1.46mg (9.71%), Magnesium: 32.2mg (8.05%), Potassium: 271.96mg (7.77%), Copper: 0.15mg (7.66%), Vitamin B2: 0.11mg (6.54%), Iron: 1.13mg (6.26%), Vitamin B1: 0.09mg (5.93%), Folate: 23.49µg (5.87%), Zinc: 0.86mg (5.76%), Vitamin B5: 0.46mg (4.64%), Fiber: 0.79g (3.18%), Vitamin B12: 0.13µg (2.21%), Calcium: 17.44mg (1.74%)