



Crunchy Poppyseed Chicken Salad

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



94 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 cups broccoli slaw
- 4 carrots shredded
- 0.3 cup planters cashews
- 6 oz oscar mayer carving board flame grilled chicken breast strips
- 8 oz dole pineapple tidbits drained canned
- 2 large pasilla peppers red thinly sliced
- 0.5 cup creamy poppyseed dressing kraft

Equipment

bowl

Directions

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

Nutrition Facts



Properties

Glycemic Index:6.94, Glycemic Load:0.94, Inflammation Score:-9, Nutrition Score:11.220434896972%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 94.13kcal (4.71%), Fat: 4.45g (6.85%), Saturated Fat: 0.76g (4.77%), Carbohydrates: 9.32g (3.11%), Net Carbohydrates: 8.14g (2.96%), Sugar: 5.74g (6.38%), Cholesterol: 13.06mg (4.35%), Sodium: 99.87mg (4.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.32g (10.65%), Vitamin C: 58.52mg (70.93%), Vitamin A: 3537.88IU (70.76%), Vitamin B6: 0.22mg (11.15%), Vitamin B3: 2.19mg (10.96%), Folate: 36.62µg (9.16%), Vitamin K: 9.6µg (9.14%), Manganese: 0.16mg (8.16%), Potassium: 261.01mg (7.46%), Phosphorus: 74.43mg (7.44%), Selenium: 4.96µg (7.09%), Magnesium: 24.19mg (6.05%), Vitamin B1: 0.08mg (5.16%), Vitamin E: 0.76mg (5.08%), Vitamin B2: 0.09mg (5.05%), Copper: 0.09mg (4.75%), Fiber: 1.18g (4.73%), Vitamin B5: 0.41mg (4.14%), Iron: 0.74mg (4.11%), Zinc: 0.48mg (3.2%), Calcium: 27.03mg (2.7%)