



## Currant Chicken Salad

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



276 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 cup balsamic currant vinaigrette
- 0.5 cup celery sliced
- 2.5 cups chicken breast cooked chopped
- 0.3 teaspoon pepper freshly ground
- 1 cup pineapple fresh cubed
- 1 cup grapes red seedless
- 1 leaf lettuce red
- 0.3 teaspoon salt

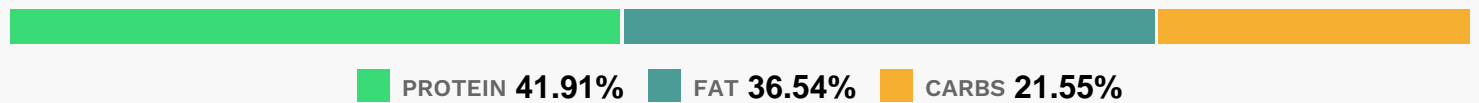
2 tablespoons slivered almonds toasted

## Equipment

## Directions

- Combine chicken, pineapple, grapes, and celery; toss well.
- Add Balsamic Currant Vinaigrette, salt, and pepper; toss well. Cover and chill 1 hour.
- Line individual salad plates with lettuce. Top with chicken mixture; sprinkle with almonds.

## Nutrition Facts



## Properties

Glycemic Index:52.67, Glycemic Load:5.95, Inflammation Score:-4, Nutrition Score:14.437826117744%

## Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

## Nutrients (% of daily need)

Calories: 276.44kcal (13.82%), Fat: 11.17g (17.18%), Saturated Fat: 1.6g (9.98%), Carbohydrates: 14.81g (4.94%), Net Carbohydrates: 13.01g (4.73%), Sugar: 10.83g (12.04%), Cholesterol: 74.38mg (24.79%), Sodium: 354.39mg (15.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.82g (57.63%), Vitamin B3: 12.5mg (62.5%), Selenium: 24.49µg (34.99%), Vitamin B6: 0.62mg (31.05%), Manganese: 0.57mg (28.51%), Vitamin C: 21.37mg (25.91%), Phosphorus: 238.03mg (23.8%), Magnesium: 48.21mg (12.05%), Vitamin B2: 0.2mg (12.02%), Potassium: 415.05mg (11.86%), Vitamin E: 1.64mg (10.9%), Vitamin B5: 1.01mg (10.09%), Vitamin K: 10.45µg (9.95%), Copper: 0.19mg (9.72%), Vitamin B1: 0.13mg (8.92%), Iron: 1.4mg (7.77%), Zinc: 1.13mg (7.52%), Fiber: 1.8g (7.2%), Vitamin B12: 0.3µg (4.96%), Folate: 19.03µg (4.76%), Calcium: 43.24mg (4.32%), Vitamin A: 134.68IU (2.69%)