



## Festive Salad with Chicken and Fruit

READY IN



30 min.

SERVINGS



4

CALORIES



568 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 apples chopped
- 2 cups unseasoned bread cubes french ()
- 6 oz oscar mayer carving board flame grilled chicken breast strips
- 0.5 cup athenos feta cheese crumbled traditional
- 0.5 cup dressing italian divided kraft
- 1 cup pineapple fresh chopped (1-inch pieces)
- 10 oz torn salad greens mixed

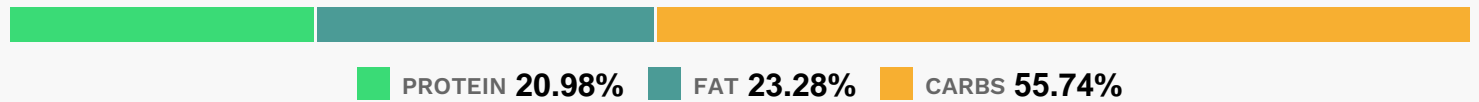
### Equipment

- bowl
- baking sheet
- oven

## Directions

- Heat oven to 375F.
- Toss bread cubes with 1/4 cup dressing; spread in single layer on ungreased baking sheet.
- Bake 6 to 10 min. or until golden brown; cool.
- Toss greens with chicken, pineapple, apples and remaining dressing in large bowl.
- Add bread cubes; mix lightly.
- Sprinkle with cheese.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:49.54, Glycemic Load:52.02, Inflammation Score:-8, Nutrition Score:28.340869520022%

## Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

## Nutrients (% of daily need)

Calories: 567.74kcal (28.39%), Fat: 14.79g (22.75%), Saturated Fat: 4.44g (27.74%), Carbohydrates: 79.64g (26.55%), Net Carbohydrates: 75.37g (27.41%), Sugar: 17.43g (19.37%), Cholesterol: 52.83mg (17.61%), Sodium: 1268.34mg (55.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.98g (59.95%), Selenium: 49.29µg (70.42%), Vitamin B1: 0.97mg (64.4%), Vitamin B3: 12.39mg (61.97%), Manganese: 1.14mg (57.2%), Folate: 188.22µg

(47.05%), Vitamin C: 38.37mg (46.51%), Vitamin B2: 0.77mg (45.43%), Iron: 5.89mg (32.7%), Phosphorus: 324.7mg (32.47%), Vitamin B6: 0.6mg (30.08%), Vitamin A: 952.25IU (19.05%), Calcium: 181.45mg (18.15%), Vitamin K: 19.03µg (18.13%), Magnesium: 70.24mg (17.56%), Fiber: 4.27g (17.09%), Zinc: 2.43mg (16.22%), Copper: 0.31mg (15.27%), Potassium: 499.12mg (14.26%), Vitamin B5: 1.19mg (11.87%), Vitamin B12: 0.46µg (7.69%), Vitamin E: 1.13mg (7.54%)