



for Broccoli Salad with Chicken

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



45

CALORIES



37 kcal

SIDE DISH

Ingredients

- 4 cups broccoli florets fresh
- 0.7 cup the dressing kraft
- 1.5 cups grapes red seedless halved
- 1 lb chicken breasts boneless skinless cut into thin strips
- 0.3 cup planters sunflower kernels

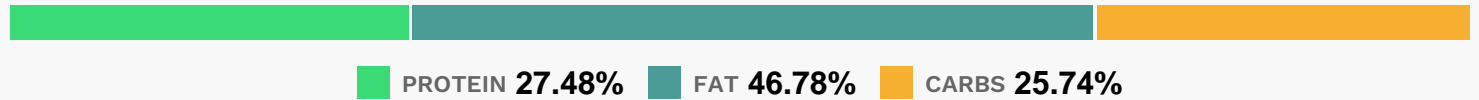
Equipment

- bowl
- frying pan

Directions

- Cook and stir chicken in large nonstick skillet on medium heat 4 to 5 min. or until done.
- Combine remaining ingredients in large bowl.
- Add chicken; mix lightly.
- Refrigerate 30 min.

Nutrition Facts



Properties

Glycemic Index:2.18, Glycemic Load:0.52, Inflammation Score:-1, Nutrition Score:2.7630434713286%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 37.02kcal (1.85%), Fat: 1.96g (3.02%), Saturated Fat: 0.3g (1.88%), Carbohydrates: 2.43g (0.81%), Net Carbohydrates: 2.11g (0.77%), Sugar: 1.72g (1.91%), Cholesterol: 7.97mg (2.66%), Sodium: 46.01mg (2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.18%), Vitamin K: 11.45µg (10.91%), Vitamin C: 7.53mg (9.13%), Vitamin B3: 1.18mg (5.88%), Selenium: 4.01µg (5.72%), Vitamin B6: 0.1mg (5.21%), Phosphorus: 33.98mg (3.4%), Vitamin E: 0.47mg (3.12%), Potassium: 78.57mg (2.24%), Vitamin B5: 0.21mg (2.06%), Manganese: 0.04mg (2.03%), Vitamin B1: 0.03mg (1.86%), Folate: 7.44µg (1.86%), Magnesium: 7.2mg (1.8%), Vitamin B2: 0.03mg (1.63%), Copper: 0.03mg (1.36%), Fiber: 0.32g (1.28%), Vitamin A: 59.45IU (1.19%)