



Fresh and Tender Chicken Salad

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



260 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups carrots shredded
- 2 Tbsp honey
- 0.5 cup lite house dressing italian kraft
- 0.5 cup torn mint leaves
- 4 cups romaine lettuce chopped
- 2 cups meat from a rotisserie chicken shredded cooked
- 1 Tbsp soya sauce

Equipment

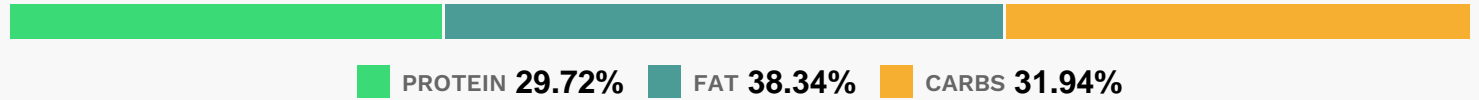
whisk

Directions

Mix dressing, honey and soy sauce with wire whisk until well blended; set aside.

Toss lettuce, carrots and mint leaves. Arrange on 4 plates. Top with chicken; drizzle with dressing mixture.

Nutrition Facts



Properties

Glycemic Index:28.53, Glycemic Load:6.58, Inflammation Score:-10, Nutrition Score:18.580434529678%

Flavonoids

Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 260.19kcal (13.01%), Fat: 11.19g (17.22%), Saturated Fat: 2.19g (13.67%), Carbohydrates: 20.97g (6.99%), Net Carbohydrates: 17.69g (6.43%), Sugar: 15.46g (17.18%), Cholesterol: 52.5mg (17.5%), Sodium: 645.65mg (28.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.52g (39.03%), Vitamin A: 15063.77IU (301.28%), Vitamin K: 73.07µg (69.59%), Vitamin B3: 6.62mg (33.09%), Selenium: 18.18µg (25.97%), Vitamin B6: 0.45mg (22.38%), Folate: 87.01µg (21.75%), Phosphorus: 185.68mg (18.57%), Potassium: 552.87mg (15.8%), Manganese: 0.28mg (14.12%), Fiber: 3.29g (13.14%), Vitamin B2: 0.2mg (11.61%), Iron: 2.01mg (11.16%), Zinc: 1.45mg (9.67%), Vitamin B5: 0.96mg (9.65%), Magnesium: 36.94mg (9.23%), Vitamin C: 7.61mg (9.23%), Vitamin B1: 0.13mg (8.84%), Vitamin E: 1.13mg (7.51%), Calcium: 64.05mg (6.4%), Copper: 0.13mg (6.26%), Vitamin B12: 0.2µg (3.38%)