



## Fruity Chicken Salad

 Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



448 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 11 oz mandarin orange segments drained canned
- 10 oz pineapple crushed drained canned
- 2 rib celery chopped
- 0.5 cup coconut or shredded packed toasted
- 0.5 cup dry-roasted peanuts chopped
- 1.5 cups mayonnaise light
- 2 tablespoons juice of lime fresh
- 8 servings salt and pepper

- 24 oz chicken breast halves boneless skinless
- 0.5 cup cup heavy whipping cream sour
- 2 tablespoons relish sweet
- 13.5 oz coconut milk unsweetened canned

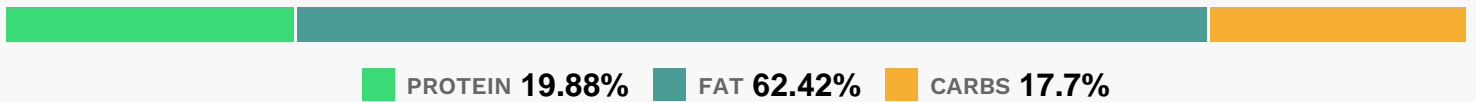
## Equipment

- bowl
- frying pan

## Directions

- Place chicken in a skillet and season with salt and pepper.
- Pour in coconut milk and bring to a boil over high heat. (
- Add water, if necessary, to cover chicken.) Reduce heat to medium-low and simmer, uncovered, until chicken is opaque and firm, 15 minutes.
- Transfer chicken to a plate and let cool. Discard coconut milk. When cool enough to handle, shred chicken into small pieces using your fingers.
- Blend mayonnaise with sour cream in a medium bowl. Stir in lime juice, relish and celery.
- Add chicken, pineapple, oranges and peanuts. Season with salt and pepper. Gently fold to blend and coat ingredients. Refrigerate until ready to serve.
- Sprinkle with coconut just before serving.

## Nutrition Facts



## Properties

Glycemic Index:5.25, Glycemic Load:0.03, Inflammation Score:-7, Nutrition Score:17.984347947266%

## Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 447.87kcal (22.39%), Fat: 31.93g (49.12%), Saturated Fat: 15.66g (97.87%), Carbohydrates: 20.37g (6.79%), Net Carbohydrates: 17.06g (6.2%), Sugar: 13.32g (14.8%), Cholesterol: 69.63mg (23.21%), Sodium: 724.92mg (31.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.88g (45.77%), Vitamin B3: 10.93mg (54.65%), Selenium: 33.3µg (47.57%), Manganese: 0.75mg (37.37%), Vitamin B6: 0.73mg (36.56%), Phosphorus: 292.51mg (29.25%), Vitamin K: 26.48µg (25.22%), Vitamin C: 20.37mg (24.69%), Potassium: 663.07mg (18.94%), Magnesium: 69.14mg (17.29%), Vitamin B5: 1.52mg (15.2%), Copper: 0.3mg (15.06%), Vitamin A: 722.29IU (14.45%), Fiber: 3.3g (13.21%), Vitamin B1: 0.18mg (11.78%), Iron: 1.74mg (9.67%), Zinc: 1.38mg (9.2%), Vitamin E: 1.32mg (8.77%), Vitamin B2: 0.14mg (8.2%), Folate: 30.62µg (7.65%), Calcium: 49.98mg (5%), Vitamin B12: 0.2µg (3.34%)