



Gluten-Free Layered Caribbean Chicken Salad

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



404 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 oz yogurt yoplait®
- 1.5 tablespoons juice of lime
- 1 teaspoon walkerswood jamaican jerk seasoning dry ()
- 3 cups the of 1 cos lettuce shredded
- 2 cups roasted chicken cubed cooked
- 4 oz monterrey jack cheese shredded
- 15 oz black beans rinsed drained canned
- 1.5 cups mangos fresh diced ripe peeled

- 0.5 cup plum tomatoes seeded chopped (Roma) (1 to 2 medium)
- 4 oz cheddar cheese shredded
- 0.5 cup spring onion thinly sliced (8 medium)
- 0.5 cup cashew pieces

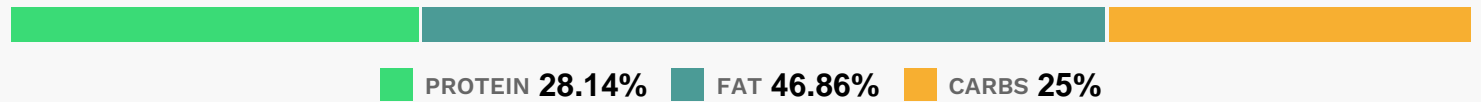
Equipment

- bowl

Directions

- In small bowl, mix dressing ingredients until well blended.
- In 3- or 4-quart clear glass serving bowl, layer salad ingredients in order listed, except cashews. Spoon dressing evenly over salad; sprinkle cashews over top.

Nutrition Facts



Properties

Glycemic Index:36.66, Glycemic Load:4.33, Inflammation Score:-10, Nutrition Score:24.163043613019%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg 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: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 403.61kcal (20.18%), Fat: 21.42g (32.95%), Saturated Fat: 9.63g (60.19%), Carbohydrates: 25.71g (8.57%), Net Carbohydrates: 18.73g (6.81%), Sugar: 8.84g (9.83%), Cholesterol: 74.41mg (24.8%), Sodium: 568.64mg (24.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.94g (57.87%), Vitamin A: 3225.95IU (64.52%), Vitamin K: 49.65µg (47.29%), Phosphorus: 449.46mg (44.95%), Calcium: 365.19mg (36.52%), Selenium: 23.72µg (33.88%), Folate: 116.07µg (29.02%), Vitamin C: 23.46mg (28.44%), Fiber: 6.98g (27.93%), Copper: 0.49mg

(24.67%), Vitamin B3: 4.83mg (24.17%), Vitamin B2: 0.4mg (23.69%), Manganese: 0.46mg (23.03%), Magnesium: 91.65mg (22.91%), Zinc: 3.32mg (22.11%), Vitamin B6: 0.41mg (20.4%), Potassium: 677.87mg (19.37%), Iron: 3.34mg (18.56%), Vitamin B1: 0.23mg (15.49%), Vitamin B5: 1.05mg (10.51%), Vitamin B12: 0.6µg (9.96%), Vitamin E: 0.99mg (6.63%), Vitamin D: 0.26µg (1.7%)