



Green Salad with Chicken and Pink Grapefruit

 Gluten Free  Dairy Free  Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



689 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 qt arugula
- 1 cup fennel bulb shaved
- 3 large ruby grapefruit
- 0.3 cup olive oil extra-virgin
- 0.5 teaspoon pepper
- 0.8 cup pistachios salted toasted
- 2 cups romaine lettuce chopped
- 2 cups rotisserie chicken cut cubed sliced

- 0.5 teaspoon salt
- 2 teaspoons sugar

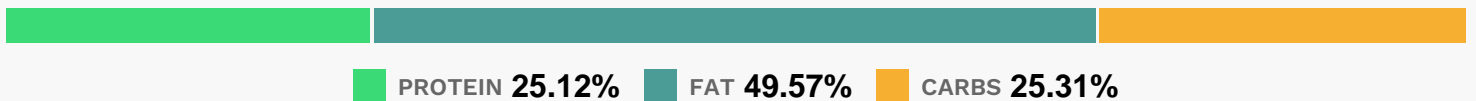
Equipment

- bowl
- whisk

Directions

- Put arugula and romaine in a large serving bowl. Top greens with chicken, fennel, and pistachios.
- Cut the peel and outer white membrane from 2 grapefruit. Slice grapefruit into half moons and add to salad.
- Juice remaining grapefruit into a bowl.
- Add oil, sugar, salt, and pepper to juice and whisk together.
- Pour over salad and toss gently to mix.

Nutrition Facts



Properties

Glycemic Index:55.52, Glycemic Load:9.77, Inflammation Score:-10, Nutrition Score:37.687826343205%

Flavonoids

Cyanidin: 1.69mg, Cyanidin: 1.69mg, Cyanidin: 1.69mg, Cyanidin: 1.69mg Catechin: 0.82mg, Catechin: 0.82mg, Catechin: 0.82mg, Catechin: 0.82mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 81.27mg, Naringenin: 81.27mg, Naringenin: 81.27mg, Naringenin: 81.27mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.53mg, Luteolin: 1.53mg, Luteolin: 1.53mg, Luteolin: 1.53mg Isorhamnetin: 10.17mg, Isorhamnetin: 10.17mg, Isorhamnetin: 10.17mg, Isorhamnetin: 10.17mg Kaempferol: 82.58mg, Kaempferol: 82.58mg, Kaempferol: 82.58mg, Kaempferol: 82.58mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 20.46mg, Quercetin: 20.46mg, Quercetin: 20.46mg, Quercetin: 20.46mg

20.46mg

Nutrients (% of daily need)

Calories: 689.18kcal (34.46%), Fat: 40.17g (61.8%), Saturated Fat: 6.62g (41.38%), Carbohydrates: 46.16g (15.39%), Net Carbohydrates: 34.78g (12.65%), Sugar: 26.92g (29.92%), Cholesterol: 113.56mg (37.85%), Sodium: 778.89mg (33.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.81g (91.62%), Vitamin K: 306.87µg (292.26%), Vitamin A: 10650.81IU (213.02%), Vitamin C: 118.02mg (143.05%), Folate: 311.5µg (77.87%), Manganese: 1.2mg (60.08%), Calcium: 477.44mg (47.74%), Potassium: 1597.24mg (45.64%), Fiber: 11.38g (45.5%), Magnesium: 168.93mg (42.23%), Vitamin B6: 0.73mg (36.25%), Vitamin E: 4.62mg (30.82%), Phosphorus: 299.17mg (29.92%), Copper: 0.59mg (29.43%), Vitamin B1: 0.43mg (28.75%), Iron: 5.07mg (28.18%), Vitamin B2: 0.34mg (20.06%), Vitamin B5: 1.89mg (18.94%), Zinc: 1.9mg (12.63%), Vitamin B3: 1.75mg (8.72%), Selenium: 2.84µg (4.06%)