



## Grilled Chicken and Mango Salad

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



40

CALORIES



39 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 mangos peeled sliced
- 0.5 cup slivered onions red
- 1 cup seasons dressing mix italian good divided prepared
- 1 lb chicken breasts boneless skinless
- 6 cups torn spinach fresh
- 1 cup strawberries fresh sliced

### Equipment

- grill

## Directions

- Heat greased grill to medium heat.
- Pour 1/2 cup dressing over chicken in shallow dish; turn to evenly coat both sides of each breast. Refrigerate 15 min. to marinate.
- Remove chicken from marinade; discard marinade. Grill chicken 6 to 8 min. on each side or until done (165F). Meanwhile, cover 4 plates with spinach.
- Slice chicken; place over salads. Top with fruit, onions and remaining dressing.

## Nutrition Facts



## Properties

Glycemic Index:3.77, Glycemic Load:0.86, Inflammation Score:-4, Nutrition Score:3.6717391357474%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.9mg, Pelargonidin: 0.9mg, Pelargonidin: 0.9mg, Pelargonidin: 0.9mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

## Nutrients (% of daily need)

Calories: 38.57kcal (1.93%), Fat: 0.36g (0.56%), Saturated Fat: 0.08g (0.49%), Carbohydrates: 5.47g (1.82%), Net Carbohydrates: 5.09g (1.85%), Sugar: 1.7g (1.89%), Cholesterol: 7.26mg (2.42%), Sodium: 460.53mg (20.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.67g (5.33%), Vitamin K: 22.28µg (21.22%), Vitamin A: 537.83IU (10.76%), Vitamin C: 7.43mg (9.01%), Vitamin B3: 1.3mg (6.5%), Vitamin B6: 0.11mg (5.51%), Selenium: 3.76µg (5.37%), Folate: 14.88µg (3.72%), Manganese: 0.07mg (3.25%), Phosphorus: 28.91mg (2.89%), Potassium: 92.88mg (2.65%), Magnesium: 8.21mg (2.05%), Vitamin B5: 0.19mg (1.92%), Vitamin B2: 0.03mg (1.48%), Fiber: 0.37g (1.48%), Vitamin E: 0.22mg (1.45%), Copper: 0.02mg (1.15%), Iron: 0.2mg (1.11%), Vitamin B1: 0.02mg (1.03%)