



Grilled Thai Chicken Salad with Mango and Ginger

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons brown sugar
- 0.3 cup matchstick-cut ginger fresh peeled
- 0.3 cup juice of lemon fresh
- 2 cups mangos peeled sliced (2 mangoes)
- 0.7 cup torn mint leaves
- 4 cups salad greens mixed
- 2 tablespoons serrano chiles red hot minced seeded

- 0.7 cup shallots thinly sliced
- 12 ounces skinned
- 3 tablespoons thai fish sauce

Equipment

- bowl
- whisk
- grill
- broiler
- broiler pan

Directions

- To prepare the dressing, combine the first 4 ingredients in a bowl, and stir well with a whisk. Set dressing aside.
- Prepare grill or broiler.
- To prepare salad, combine 1 tablespoon dressing and chicken, and toss to coat.
- Place chicken on a grill rack or broiler pan coated with cooking spray; cook 6 minutes on each side or until chicken is done.
- Cut chicken diagonally across grain into thin slices.
- Combine chicken, mango, shallots, and ginger. Toss with remaining dressing. Divide salad greens evenly among 3 plates. Top salad greens with chicken salad; sprinkle with mint.

Nutrition Facts



PROTEIN 36.97% **FAT 10.72%** **CARBS 52.31%**

Properties

Glycemic Index:32.25, Glycemic Load:9.96, Inflammation Score:-9, Nutrition Score:26.476956626643%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg,

Pelargonidin: 0.02mg Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg Eriodictyol: 4.08mg, Eriodictyol: 4.08mg, Eriodictyol: 4.08mg, Eriodictyol: 4.08mg Hesperetin: 3.96mg, Hesperetin: 3.96mg, Hesperetin: 3.96mg, Hesperetin: 3.96mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg Luteolin: 1.7mg, Luteolin: 1.7mg, Luteolin: 1.7mg, Luteolin: 1.7mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 299.39kcal (14.97%), Fat: 3.69g (5.68%), Saturated Fat: 0.81g (5.09%), Carbohydrates: 40.53g (13.51%), Net Carbohydrates: 35.7g (12.98%), Sugar: 28.65g (31.83%), Cholesterol: 72.57mg (24.19%), Sodium: 1573.39mg (68.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.64g (57.28%), Vitamin C: 73.95mg (89.63%), Vitamin B3: 13.79mg (68.94%), Vitamin B6: 1.36mg (68.18%), Selenium: 39.64µg (56.63%), Vitamin A: 2352.74IU (47.05%), Phosphorus: 323.05mg (32.31%), Potassium: 1075.3mg (30.72%), Folate: 117.32µg (29.33%), Magnesium: 104.44mg (26.11%), Manganese: 0.52mg (26.1%), Vitamin B5: 2.18mg (21.77%), Fiber: 4.83g (19.31%), Copper: 0.31mg (15.27%), Vitamin B2: 0.24mg (14.29%), Iron: 2.42mg (13.43%), Vitamin B1: 0.17mg (11.57%), Vitamin E: 1.35mg (8.97%), Calcium: 86.42mg (8.64%), Zinc: 1.29mg (8.61%), Vitamin K: 6.44µg (6.13%), Vitamin B12: 0.31µg (5.22%)