



Layered Caribbean Chicken Salad

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



10

CALORIES



218 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 cups the of 1 cos lettuce
- 3 cups roasted chicken cooked
- 15 oz black beans rinsed drained canned
- 1.5 cups tomatoes chopped
- 2 medium mangos ripe peeled chopped
- 0.3 cup vegetable oil
- 0.3 cup juice of lime
- 0.3 cup cilantro leaves fresh chopped

- 2 tablespoons sugar
- 0.8 teaspoon salt
- 0.3 teaspoon ground cinnamon
- 2 cloves garlic finely chopped
- 1 serving hot sauce red

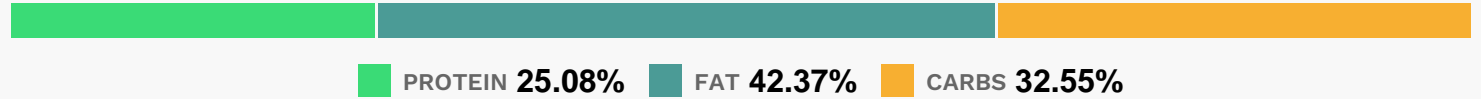
Equipment

- bowl

Directions

- In 3-quart glass trifle bowl, layer lettuce, chicken, black beans, tomatoes and mangoes.
- In jar with tight-fitting lid, shake dressing ingredients.
- Drizzle over salad; serve immediately. Or, cover and refrigerate salad and dressing separately up to 4 hours; drizzle salad with dressing just before serving.

Nutrition Facts



Properties

Glycemic Index:22.68, Glycemic Load:4.83, Inflammation Score:-9, Nutrition Score:13.191739009774%

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: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 217.5kcal (10.88%), Fat: 10.45g (16.08%), Saturated Fat: 1.95g (12.21%), Carbohydrates: 18.06g (6.02%), Net Carbohydrates: 13.72g (4.99%), Sugar: 9.03g (10.03%), Cholesterol: 31.5mg (10.5%), Sodium: 372.98mg (16.22%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.92g (27.84%), Vitamin A: 2321.77IU (46.44%), Vitamin K: 37.45µg (35.67%), Vitamin C: 22.76mg (27.58%), Vitamin B3: 4.06mg (20.32%), Folate: 75.84µg (18.96%), Fiber: 4.34g (17.37%), Selenium: 11.32µg (16.17%), Phosphorus: 145.64mg (14.56%), Vitamin B6: 0.29mg (14.39%), Potassium: 410.35mg (11.72%), Manganese: 0.21mg (10.47%), Iron: 1.66mg (9.21%), Copper: 0.18mg (8.95%), Vitamin B2: 0.15mg (8.73%), Magnesium: 33.87mg (8.47%), Vitamin B1: 0.12mg (8.16%), Vitamin E: 1.14mg (7.61%), Zinc: 1mg (6.69%), Vitamin B5: 0.63mg (6.31%), Calcium: 36.03mg (3.6%), Vitamin B12: 0.12µg (2.03%)