



## Mandarin Chicken Salad

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



30 min.

SERVINGS



4

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 tablespoons sesame seed
- 1 teaspoon ground ginger
- 2 tablespoons teriyaki sauce
- 1 tablespoon vegetable oil
- 1 lb chicken breast boneless skinless cut into 1-inch pieces
- 10 oz the salad european-style
- 11 oz mandarin orange segments drained canned
- 1 cup snow peas fresh chinese cut in half if necessary ()

0.5 cup the dressing asian-style

0.5 cup frangelico

## Equipment

bowl

baking sheet

oven

## Directions

Heat oven to 425°F. Spray cookie sheet with cooking spray.

Place Bisquick mix, sesame seed and ginger in 1-gallon resealable plastic food-storage bag; mix well. In small bowl, mix teriyaki sauce and oil. Coat chicken pieces with oil mixture.

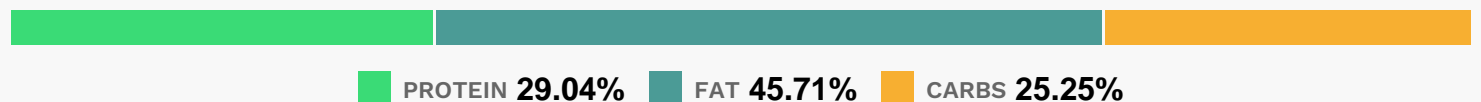
Shake about 6 chicken pieces at a time in bag of Bisquick mixture until coated. Shake off any extra mixture.

Place chicken pieces in single layer on cookie sheet.

Bake 10 to 15 minutes or until chicken is no longer pink in center. Cool 5 minutes.

Meanwhile, in large bowl, mix salad mix, orange segments and pea pods. Top with warm chicken pieces and drizzle with dressing; toss to coat.

## Nutrition Facts



## Properties

Glycemic Index:19.25, Glycemic Load:3.93, Inflammation Score:-9, Nutrition Score:23.641739047092%

## Flavonoids

Hesperetin: 6.19mg, Hesperetin: 6.19mg, Hesperetin: 6.19mg, Hesperetin: 6.19mg Naringenin: 7.81mg, Naringenin: 7.81mg, Naringenin: 7.81mg, Naringenin: 7.81mg

## Nutrients (% of daily need)

Calories: 381.13kcal (19.06%), Fat: 19.47g (29.95%), Saturated Fat: 3.17g (19.8%), Carbohydrates: 24.2g (8.07%), Net Carbohydrates: 21.61g (7.86%), Sugar: 17.17g (19.07%), Cholesterol: 85.39mg (28.46%), Sodium: 763.41mg (33.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.83g (55.66%), Vitamin B3: 13.02mg (65.1%), Vitamin C:

53.51mg (64.86%), Selenium: 40.07µg (57.25%), Vitamin B6: 1.05mg (52.6%), Phosphorus: 347.34mg (34.73%), Vitamin A: 1656.57IU (33.13%), Vitamin K: 33.26µg (31.68%), Manganese: 0.51mg (25.5%), Potassium: 776.4mg (22.18%), Vitamin B5: 2.12mg (21.16%), Magnesium: 74.05mg (18.51%), Copper: 0.3mg (14.92%), Folate: 59.44µg (14.86%), Vitamin B1: 0.22mg (14.73%), Vitamin B2: 0.23mg (13.57%), Iron: 2.43mg (13.5%), Vitamin E: 1.72mg (11.45%), Fiber: 2.59g (10.37%), Calcium: 98.9mg (9.89%), Zinc: 1.31mg (8.76%), Vitamin B12: 0.25µg (4.25%)