



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

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

- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 cup frangelico
- ☐ 0.5 cup frangelico

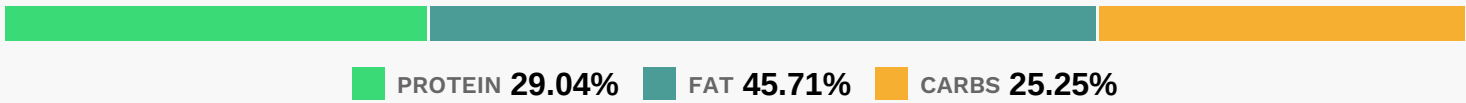
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 425F. 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: Og (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%)