



Mango Chicken Quinoa Salad



Gluten Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



286 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 cup cheese blue crumbled
- ☐ 2 cups broccoli florets
- ☐ 0.5 cup carrots shredded
- ☐ 1 cup chicken breast shredded cooked
- ☐ 0.5 cup olive oil extra virgin
- ☐ 0.5 cup kalamata olives
- ☐ 0.5 teaspoon kosher salt

- ☐ 2 tablespoons juice of lemon
- ☐ 1 large mangos diced ripe
- ☐ 0.3 cup parmesan cheese grated
- ☐ 1 cup quinoa dry

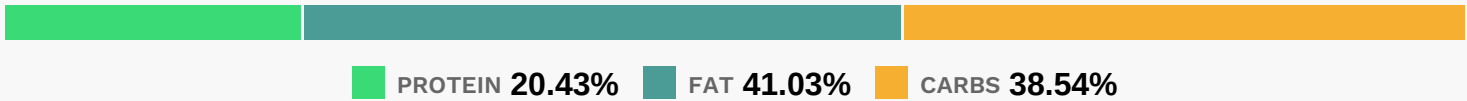
Equipment

- ☐ bowl
- ☐ canning jar

Directions

- ☐ Cook quinoa according to package directions. When done cooking, transfer it to a large bowl and toss with a fork.
- ☐ Let cool for 30 minutes or so tossing every 5 minutes.
- ☐ Add broccoli, chicken, mango, carrots, olives, roasted red bell peppers, parmesan and Feta cheese to quinoa, stirring to combine.To make dressing, place oil, lemon, salt and pepper into a mason jar with a lid. Close lid and shake for 30 seconds or so until well combined.
- ☐ Pour over quinoa and stir to combine. Taste and add additional salt and pepper to taste.
- ☐ Serve room temperature or chilled.

Nutrition Facts



Properties

Glycemic Index:31.6, Glycemic Load:3.21, Inflammation Score:-9, Nutrition Score:18.616087218989%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 2.42mg, Kaempferol: 2.42mg, Kaempferol: 2.42mg, Kaempferol: 2.42mg

Kaempferol: 2.42mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 285.53kcal (14.28%), Fat: 13.27g (20.42%), Saturated Fat: 4.17g (26.07%), Carbohydrates: 28.05g (9.35%), Net Carbohydrates: 24g (8.73%), Sugar: 5.99g (6.66%), Cholesterol: 29.56mg (9.85%), Sodium: 608.37mg (26.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.87g (29.73%), Vitamin C: 42.18mg (51.13%), Vitamin A: 2525.08IU (50.5%), Manganese: 0.71mg (35.38%), Vitamin K: 36.74µg (34.99%), Phosphorus: 273.93mg (27.39%), Folate: 94.94µg (23.73%), Magnesium: 77.69mg (19.42%), Vitamin B6: 0.37mg (18.54%), Selenium: 12.33µg (17.61%), Fiber: 4.05g (16.2%), Vitamin E: 2.31mg (15.43%), Vitamin B3: 2.95mg (14.75%), Calcium: 140.97mg (14.1%), Vitamin B2: 0.24mg (14.02%), Copper: 0.26mg (13.06%), Potassium: 449.53mg (12.84%), Zinc: 1.9mg (12.69%), Iron: 2.04mg (11.31%), Vitamin B1: 0.16mg (10.86%), Vitamin B5: 0.94mg (9.36%), Vitamin B12: 0.26µg (4.35%)