



## Mango Chicken Salad

 Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



12

CALORIES



244 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 18 oz apricots light fat-free yoplait®
- 0.5 cup vinegar white
- 1.5 teaspoons salt
- 1 teaspoon ground ginger
- 6 cups roasted chicken cooked chopped
- 3 medium mangos diced seeds removed, peeled and ( 3 cups) ripe
- 0.8 cup spring onion sliced
- 32 oz coleslaw mix

1 cup slivered almonds toasted

## Equipment

bowl

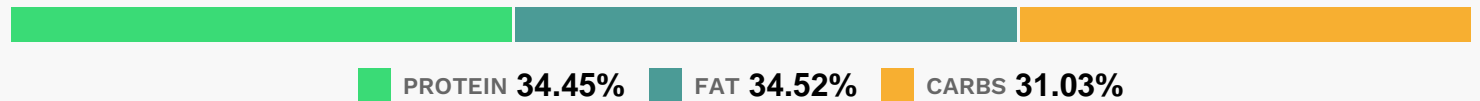
## Directions

In very large bowl, mix all dressing ingredients until blended.

Add chicken, mangoes and onions; stir gently to blend. Cover; refrigerate at least 30 minutes to blend flavors, or until serving time.

Just before serving, stir coleslaw blend and almonds into salad.

## Nutrition Facts



## Properties

Glycemic Index:19.12, Glycemic Load:6.48, Inflammation Score:-8, Nutrition Score:20.231738961261%

## Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg 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: 2.57mg, Catechin: 2.57mg, Catechin: 2.57mg, Catechin: 2.57mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 2.07mg, Epicatechin: 2.07mg, Epicatechin: 2.07mg, Epicatechin: 2.07mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

## Nutrients (% of daily need)

Calories: 243.84kcal (12.19%), Fat: 9.59g (14.75%), Saturated Fat: 1.7g (10.63%), Carbohydrates: 19.39g (6.46%), Net Carbohydrates: 14.51g (5.28%), Sugar: 13.99g (15.54%), Cholesterol: 52.5mg (17.5%), Sodium: 359.08mg (15.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.53g (43.06%), Vitamin K: 73.97µg (70.45%), Vitamin C: 51.93mg (62.95%), Vitamin B3: 6.67mg (33.35%), Vitamin A: 1544.19IU (30.88%), Selenium: 18.35µg (26.22%), Vitamin B6: 0.48mg (24.12%), Manganese: 0.48mg (23.8%), Vitamin E: 3.3mg (21.97%), Phosphorus: 217.39mg

(21.74%), Fiber: 4.88g (19.52%), Folate: 70.07µg (17.52%), Vitamin B2: 0.28mg (16.34%), Potassium: 571.59mg (16.33%), Magnesium: 59.22mg (14.8%), Copper: 0.24mg (12.22%), Zinc: 1.64mg (10.97%), Vitamin B5: 1.09mg (10.92%), Iron: 1.92mg (10.64%), Vitamin B1: 0.14mg (9.25%), Calcium: 79.58mg (7.96%), Vitamin B12: 0.2µg (3.38%)