



Mango Chicken Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



359 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 oz brown and rice mix wild with seasonings
- ☐ 2 cups skinned chicken shredded cooked
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 1 lb firm-ripe mango
- ☐ 0.7 cup apricot-mango nectar refrigerated canned
- ☐ 6 servings mint sprigs
- ☐ 0.5 cup pecans coarsely chopped
- ☐ 0.5 cup rice vinegar

☐ 6 servings salt and pepper

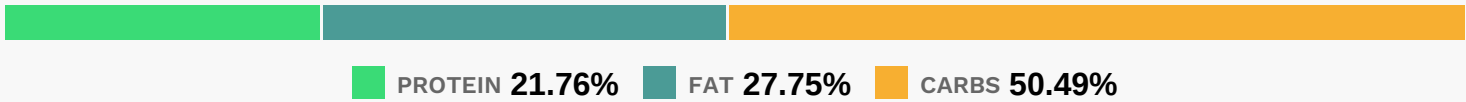
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a 3- to 4-quart pan over medium-low heat, stir pecans often until lightly browned, 3 to 4 minutes.
- ☐ Pour into a small bowl.
- ☐ In the same pan, cook rice in water as directed on package, until tender to bite, about 25 minutes. Reserve seasoning packets for another use.
- ☐ Meanwhile, slice mango lengthwise down each side of pit to remove fleshy cheeks. On the flesh side of each cheek, cut down to the peel (but not through it) in a crosshatch pattern to make 3/4-inch cubes. With a large metal spoon, scoop cubes from peel. Also trim fruit off pit and dice it.
- ☐ Mix mango nectar and vinegar.
- ☐ Add to warm or cool rice and mix lightly.
- ☐ Add pecans, mango, chicken, and chopped mint; gently mix.
- ☐ Add salt and pepper to taste.
- ☐ Spoon into bowl and garnish with mint sprigs.

Nutrition Facts



Properties

Glycemic Index:28.42, Glycemic Load:21.45, Inflammation Score:-8, Nutrition Score:20.440869600877%

Flavonoids

Cyanidin: 1.05mg, Cyanidin: 1.05mg, Cyanidin: 1.05mg, Cyanidin: 1.05mg Delphinidin: 0.68mg, Delphinidin: 0.68mg, Delphinidin: 0.68mg, Delphinidin: 0.68mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epigallocatechin:

0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3–gallate: 0.21mg, Epigallocatechin 3–gallate: 0.21mg, Epigallocatechin 3–gallate: 0.21mg, Epigallocatechin 3–gallate: 0.21mg Eriodictyol: 1.08mg, Eriodictyol: 1.08mg, Eriodictyol: 1.08mg, Eriodictyol: 1.08mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg

Nutrients (% of daily need)

Calories: 359.3kcal (17.97%), Fat: 11.13g (17.12%), Saturated Fat: 1.66g (10.36%), Carbohydrates: 45.58g (15.19%), Net Carbohydrates: 41.85g (15.22%), Sugar: 14.18g (15.76%), Cholesterol: 74.92mg (24.97%), Sodium: 269.15mg (11.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.64g (39.28%), Manganese: 1.95mg (97.25%), Vitamin C: 32.97mg (39.96%), Vitamin B3: 6.73mg (33.63%), Vitamin B6: 0.66mg (33.05%), Phosphorus: 286.97mg (28.7%), Selenium: 18.84µg (26.91%), Vitamin A: 1183.66IU (23.67%), Magnesium: 94.6mg (23.65%), Vitamin B1: 0.31mg (20.79%), Copper: 0.36mg (17.95%), Vitamin B5: 1.77mg (17.69%), Zinc: 2.49mg (16.59%), Fiber: 3.73g (14.92%), Potassium: 485.84mg (13.88%), Folate: 51.16µg (12.79%), Vitamin B2: 0.21mg (12.15%), Iron: 1.95mg (10.82%), Vitamin B12: 0.5µg (8.41%), Vitamin E: 1.01mg (6.72%), Vitamin K: 6µg (5.72%), Calcium: 48.89mg (4.89%)