



## Mango Chicken Summer Salad

 Gluten Free

READY IN



10 min.

SERVINGS



3

CALORIES



369 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

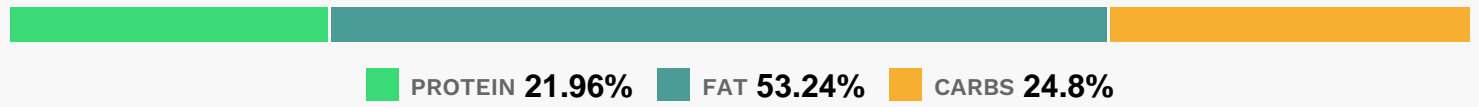
- 1 medium avocado pitted peeled chopped
- 6 oz oscar mayer carving board flame grilled chicken breast strips
- 6 oz lemon yogurt
- 9 lettuce leaves
- 1 medium mangos pitted peeled chopped
- 3 Tbsp real mayo mayonnaise kraft
- 2 Tbsp milk

### Equipment

# Directions

- Mix yogurt, mayo and milk until well blended.
- Toss chicken breast strips, mangos and avocados with 1/2 cup of the yogurt mixture.
- Spoon evenly onto lettuce-covered plates. Top evenly with the remaining yogurt mixture.

# Nutrition Facts



# Properties

Glycemic Index:68.42, Glycemic Load:6.43, Inflammation Score:-10, Nutrition Score:25.763043393259%

# Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg 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: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 12.11mg, Eriodictyol: 12.11mg, Eriodictyol: 12.11mg, Eriodictyol: 12.11mg Hesperetin: 15.82mg, Hesperetin: 15.82mg, Hesperetin: 15.82mg, Hesperetin: 15.82mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

# Nutrients (% of daily need)

Calories: 369.24kcal (18.46%), Fat: 22.95g (35.3%), Saturated Fat: 3.89g (24.29%), Carbohydrates: 24.06g (8.02%), Net Carbohydrates: 16.15g (5.87%), Sugar: 12.59g (13.99%), Cholesterol: 55.19mg (18.4%), Sodium: 160.06mg (6.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.3g (42.6%), Vitamin A: 6224.83IU (124.5%), Vitamin C: 74.83mg (90.7%), Vitamin B3: 9.76mg (48.79%), Vitamin K: 39.66µg (37.77%), Vitamin B6: 0.72mg (35.95%), Fiber: 7.9g (31.6%), Folate: 120.49µg (30.12%), Selenium: 17.5µg (25%), Potassium: 821.7mg (23.48%), Phosphorus: 216.72mg (21.67%), Vitamin E: 2.92mg (19.46%), Manganese: 0.38mg (19.13%), Vitamin B5: 1.78mg (17.82%), Vitamin B2: 0.28mg (16.34%), Magnesium: 58.01mg (14.5%), Vitamin B1: 0.21mg (13.7%), Copper: 0.26mg (12.77%), Iron: 2.09mg (11.59%), Zinc: 1.3mg (8.65%), Calcium: 78.2mg (7.82%), Vitamin B12: 0.26µg (4.39%), Vitamin D: 0.19µg (1.3%)