



## Mango Salsa-Chicken Sandwich

 Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



131 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

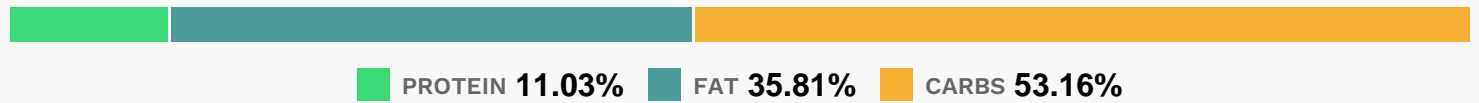
- 1 avocado chopped
- 1 cup tightly baby spinach leaves packed
- 2 Tbsp juice of lime fresh
- 1 mangos chopped
- 2 Tbsp onions red minced
- 0.3 cup mayo reduced fat mayonnaise light kraft
- 24 slices oscar mayer natural slow roasted chicken breast
- 4 sandwich rolls split

# Equipment

## Directions

- Combine mangos, avocados, onions and lime juice.
- Spread mayo onto bottom halves of rolls.
- Fill with spinach, chicken and mango salsa.

## Nutrition Facts



## Properties

Glycemic Index:15.07, Glycemic Load:1.64, Inflammation Score:-5, Nutrition Score:7.1417391262949%

## Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

## Nutrients (% of daily need)

Calories: 130.91kcal (6.55%), Fat: 5.36g (8.24%), Saturated Fat: 0.81g (5.04%), Carbohydrates: 17.9g (5.97%), Net Carbohydrates: 15.59g (5.67%), Sugar: 3.72g (4.13%), Cholesterol: 2.94mg (0.98%), Sodium: 176.24mg (7.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.71g (7.43%), Vitamin K: 22.76µg (21.67%), Selenium: 9.97µg (14.24%), Vitamin C: 11.44mg (13.86%), Folate: 53.66µg (13.42%), Vitamin A: 540.59IU (10.81%), Fiber: 2.31g (9.26%), Vitamin B3: 1.81mg (9.06%), Vitamin B1: 0.13mg (8.96%), Manganese: 0.18mg (8.86%), Vitamin B2: 0.12mg (7.06%), Vitamin E: 0.9mg (5.97%), Iron: 1.01mg (5.63%), Vitamin B6: 0.11mg (5.41%), Potassium: 187.93mg (5.37%), Copper: 0.11mg (5.3%), Phosphorus: 44.93mg (4.49%), Vitamin B5: 0.45mg (4.48%), Magnesium: 17.67mg (4.42%), Calcium: 30.9mg (3.09%), Zinc: 0.41mg (2.74%)