



Mango Tango Chicken Salad

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



173 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup celery sliced
- ☐ 1 teaspoon ginger fresh minced peeled
- ☐ 0.3 cup green onions sliced
- ☐ 2 teaspoons juice of lemon
- ☐ 1 tablespoon mayonnaise light
- ☐ 1 tablespoon cup heavy whipping cream sour low-fat
- ☐ 0.5 cup mangos diced peeled
- ☐ 1 tablespoon mango chutney

- ☐ 10 slices papaya peeled (1 large)
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 cup pineapple fresh diced
- ☐ 3.3 cups ready-to-eat roasted skinned chopped (such as Tyson; 4 breast halves)
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup water chestnuts drained sliced

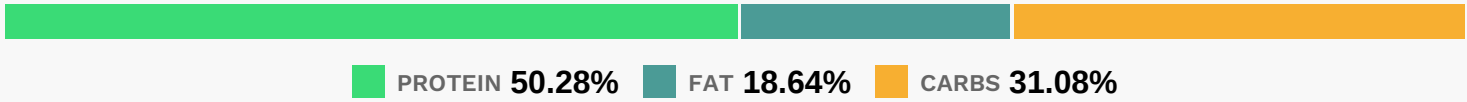
Equipment

- ☐ bowl

Directions

- ☐ Combine the first 6 ingredients in a large bowl.
- ☐ Combine chutney and next 6 ingredients (chutney through pepper) in a small bowl, and stir chutney mixture into chicken mixture. Arrange papaya slices on each of 5 plates, and top with chicken salad.

Nutrition Facts



Properties

Glycemic Index:67.03, Glycemic Load:4.02, Inflammation Score:-5, Nutrition Score:13.6099999944334%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 172.86kcal (8.64%), Fat: 3.55g (5.46%), Saturated Fat: 0.84g (5.26%), Carbohydrates: 13.32g (4.44%), Net Carbohydrates: 11.53g (4.19%), Sugar: 7.26g (8.07%), Cholesterol: 63.69mg (21.23%), Sodium: 384.25mg (16.71%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.54g (43.08%), Vitamin B3: 10.56mg (52.82%), Selenium: 31.88µg (45.55%), Vitamin B6: 0.84mg (41.95%), Vitamin C: 19.15mg (23.22%), Phosphorus: 222.97mg (22.3%), Vitamin B5: 1.55mg (15.47%), Vitamin K: 16.11µg (15.35%), Potassium: 505.87mg (14.45%), Manganese: 0.25mg (12.49%), Magnesium: 34.24mg (8.56%), Vitamin B2: 0.13mg (7.91%), Fiber: 1.79g (7.14%), Vitamin A: 342.05IU (6.84%), Folate: 24.85µg (6.21%), Vitamin B1: 0.09mg (6.12%), Copper: 0.11mg (5.71%), Zinc: 0.79mg (5.25%), Iron: 0.88mg (4.9%), Vitamin E: 0.65mg (4.35%), Vitamin B12: 0.21µg (3.42%), Calcium: 23.35mg (2.34%)