



HEALTH SCORE

72%

Mixed Fruit Chicken Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



762 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



11 oz mandarin orange segments drained canned



2 rib celery chopped



4 cups chicken breasts cooked chopped



0.3 cup pecans chopped



1 cup pineapple fresh chopped



2 servings orange-raspberry vinaigrette



2 cups grapes green red seedless halved



0.3 teaspoon salt

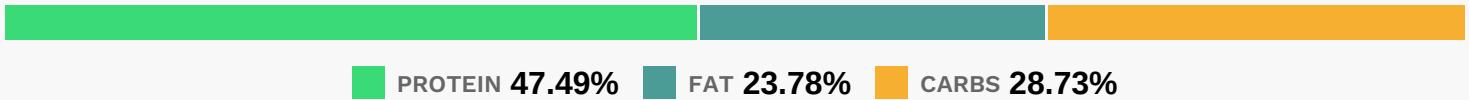
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Bake pecans in a single layer in a shallow pan 6 to 7 minutes or until toasted and fragrant, stirring halfway through.
- ☐ Toss together chicken and next 5 ingredients in a large bowl.
- ☐ Add vinaigrette; toss to coat.
- ☐ Sprinkle with pecans, and serve immediately.
- ☐ *1 (8-oz.) can pineapple tidbits, drained, may be substituted.

Nutrition Facts



Properties

Glycemic Index:73.33, Glycemic Load:17.67, Inflammation Score:-9, Nutrition Score:41.24869550311%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 761.89kcal (38.09%), Fat: 20.21g (31.09%), Saturated Fat: 3.77g (23.54%), Carbohydrates: 54.95g (18.32%), Net Carbohydrates: 49.24g (17.9%), Sugar: 45.16g (50.18%), Cholesterol: 238mg (79.33%), Sodium:

519.12mg (22.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 90.81g (181.63%), Vitamin B3: 39.95mg (199.73%), Vitamin C: 97.31mg (117.95%), Selenium: 78.66µg (112.37%), Vitamin B6: 2mg (99.93%), Manganese: 1.53mg (76.72%), Phosphorus: 730.33mg (73.03%), Vitamin A: 2264.13IU (45.28%), Vitamin B1: 0.59mg (39.51%), Potassium: 1365.71mg (39.02%), Magnesium: 135.43mg (33.86%), Copper: 0.65mg (32.39%), Vitamin B5: 3.07mg (30.73%), Vitamin B2: 0.52mg (30.47%), Zinc: 4.45mg (29.67%), Iron: 4.47mg (24.81%), Vitamin K: 24.23µg (23.08%), Fiber: 5.71g (22.84%), Vitamin B12: 0.95µg (15.87%), Folate: 40.22µg (10.06%), Vitamin E: 1.49mg (9.91%), Calcium: 96.65mg (9.67%), Vitamin D: 0.28µg (1.87%)