



HEALTH SCORE

70%

Orange Chicken Salad with Feta



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons almonds toasted sliced
- ☐ 0.5 cup matchstick-cut carrots
- ☐ 0.1 teaspoon pepper black
- ☐ 1 cup cherry tomatoes halved
- ☐ 2 ounces feta cheese crumbled
- ☐ 0.3 cup green onions chopped
- ☐ 8 cups torn leaf lettuce
- ☐ 11 ounce mandarin oranges in syrup light drained canned

- ☐ 1 tablespoon olive oil
- ☐ 1 cup orange bell pepper strips
- ☐ 3 tablespoons orange juice concentrate undiluted thawed
- ☐ 0.1 teaspoon salt
- ☐ 1 pound chicken breast boneless skinless
- ☐ 1 tablespoon vinegar white

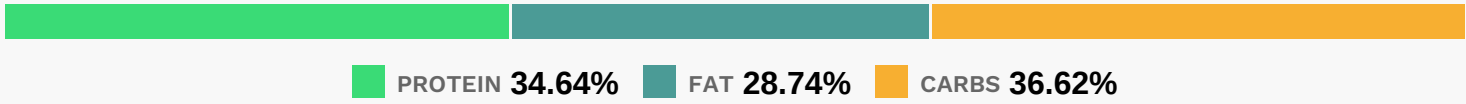
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ Place chicken on a grill rack coated with cooking spray; grill 6 minutes on each side or until done.
- ☐ Cut into 1/2-inch-thick slices. Set aside.
- ☐ Combine lettuce and next 5 ingredients (through onions) in a large bowl.
- ☐ Combine orange juice concentrate, vinegar, oil, salt, and black pepper; stir with a whisk.
- ☐ Pour juice mixture over lettuce mixture, tossing to coat. Divide lettuce mixture evenly among 4 plates; top evenly with chicken, oranges, and almonds.

Nutrition Facts



Properties

Glycemic Index:56.25, Glycemic Load:4.53, Inflammation Score:-10, Nutrition Score:43.3899999612518%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg,

Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg
Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 6.19mg, Hesperetin:
6.19mg, Hesperetin: 6.19mg, Hesperetin: 6.19mg Naringenin: 7.83mg, Naringenin: 7.83mg, Naringenin: 7.83mg,
Naringenin: 7.83mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.13mg,
Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.12mg, Kaempferol: 0.12mg,
Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin:
1.03mg

Nutrients (% of daily need)

Calories: 380.3kcal (19.02%), Fat: 12.44g (19.13%), Saturated Fat: 3.27g (20.45%), Carbohydrates: 35.66g (11.89%),
Net Carbohydrates: 27.1g (9.85%), Sugar: 19.91g (22.12%), Cholesterol: 85.19mg (28.4%), Sodium: 519.91mg (22.6%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.72g (67.45%), Vitamin A: 39318.29IU (786.37%), Vitamin C:
181.19mg (219.63%), Manganese: 1.72mg (85.79%), Vitamin B6: 1.64mg (81.89%), Vitamin B3: 15.14mg (75.7%), Folate:
242.4µg (60.6%), Selenium: 42.01µg (60.01%), Potassium: 1798.08mg (51.37%), Vitamin B2: 0.86mg (50.67%),
Phosphorus: 496.7mg (49.67%), Vitamin B1: 0.7mg (46.36%), Fiber: 8.56g (34.23%), Magnesium: 131.25mg (32.81%),
Iron: 5.79mg (32.14%), Calcium: 309.33mg (30.93%), Vitamin E: 4.5mg (29.99%), Vitamin B5: 2.24mg (22.43%),
Vitamin K: 20.05µg (19.09%), Zinc: 2.44mg (16.26%), Copper: 0.18mg (9.13%), Vitamin B12: 0.47µg (7.77%), Vitamin
D: 0.17µg (1.13%)