



Orange-Wild Rice Chicken Salad

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 oz mandarin oranges drained canned
- 2 cups chicken shredded cooked
- 0.5 cup salad dressing
- 1 cup sugar snap peas trimmed
- 6 oz rice long grain wild cooked

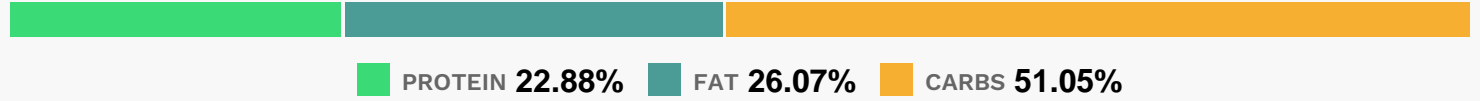
Equipment

- bowl

Directions

Combine all ingredients in a large bowl; mix well. Chill until serving time.

Nutrition Facts



Properties

Glycemic Index:15.3, Glycemic Load:20.46, Inflammation Score:-8, Nutrition Score:16.735652052838%

Nutrients (% of daily need)

Calories: 393.3kcal (19.67%), Fat: 11.21g (17.25%), Saturated Fat: 2.22g (13.9%), Carbohydrates: 49.41g (16.47%), Net Carbohydrates: 46.94g (17.07%), Sugar: 12.97g (14.42%), Cholesterol: 52.5mg (17.5%), Sodium: 352.62mg (15.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.14g (44.29%), Vitamin C: 50.86mg (61.64%), Selenium: 24.83µg (35.46%), Vitamin B3: 6.86mg (34.28%), Vitamin A: 1700.39IU (34.01%), Manganese: 0.54mg (27.17%), Vitamin B6: 0.46mg (23.02%), Vitamin K: 22.62µg (21.54%), Phosphorus: 212.39mg (21.24%), Zinc: 2.18mg (14.52%), Vitamin B1: 0.21mg (13.96%), Vitamin B5: 1.3mg (12.95%), Potassium: 427.46mg (12.21%), Iron: 2.06mg (11.45%), Magnesium: 44.37mg (11.09%), Vitamin B2: 0.18mg (10.37%), Copper: 0.2mg (10.1%), Fiber: 2.47g (9.86%), Vitamin E: 0.95mg (6.3%), Folate: 22.51µg (5.63%), Calcium: 47.42mg (4.74%), Vitamin B12: 0.2µg (3.38%)