



Peachy Chicken Salad

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

READY IN



23 min.

SERVINGS



8

CALORIES



243 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounce water chestnuts drained chopped canned
- 4 cups chicken breast cooked chopped (skinned before cooking and without salt)
- 2 tablespoons gingerroot minced peeled
- 2 tablespoons soya sauce low-sodium
- 9 ounce mango chutney
- 1 cup peaches frozen thawed chopped
- 1 cup bell pepper sweet red chopped

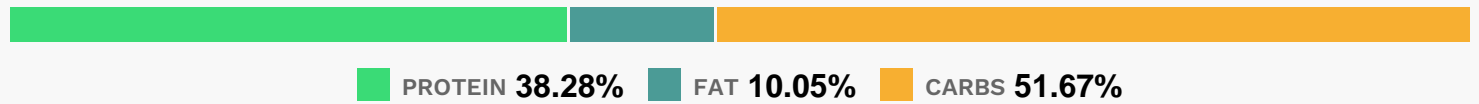
Equipment

- bowl
- sauce pan

Directions

- Combine first 4 ingredients in a small saucepan. Bring to a boil. Reduce heat, and simmer, uncovered, 10 to 15 minutes or until thickened, stirring often.
- Let cool.
- Combine cooled chutney mixture, chicken, red pepper, and water chestnuts in a large bowl, stirring well. Cover and chill thoroughly.
- Serve on lettuce-lined salad plates, if desired.

Nutrition Facts



Properties

Glycemic Index:17.78, Glycemic Load:12.83, Inflammation Score:-6, Nutrition Score:11.777391401322%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 242.88kcal (12.14%), Fat: 2.68g (4.12%), Saturated Fat: 0.74g (4.61%), Carbohydrates: 31.02g (10.34%), Net Carbohydrates: 28.82g (10.48%), Sugar: 19g (21.12%), Cholesterol: 59.5mg (19.83%), Sodium: 212.88mg (9.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.98g (45.95%), Vitamin B3: 10.17mg (50.83%), Vitamin C: 28.09mg (34.05%), Selenium: 20.72µg (29.61%), Vitamin B6: 0.56mg (28.24%), Phosphorus: 190.48mg (19.05%), Vitamin A: 660.6IU (13.21%), Potassium: 340.05mg (9.72%), Fiber: 2.2g (8.8%), Vitamin B2: 0.15mg (8.64%), Vitamin B5: 0.85mg (8.49%), Iron: 1.48mg (8.22%), Magnesium: 31.13mg (7.78%), Zinc: 1.01mg (6.77%), Copper: 0.13mg (6.73%), Manganese: 0.12mg (6.19%), Vitamin E: 0.9mg (6.03%), Folate: 20.53µg (5.13%), Vitamin B1: 0.08mg (5.04%), Vitamin B12: 0.24µg (3.97%), Calcium: 22.13mg (2.21%), Vitamin K: 1.79µg (1.7%)