



Peanut-Mandarin Chicken Salad

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup seasons asian sesame dressing mix good prepared
- 6 oz oscar mayer carving board flame grilled chicken breast strips
- 11 oz mandarin orange segents drained canned
- 10 oz salad greens mixed
- 0.3 cup raisins
- 0.5 cup onions red chopped
- 0.3 cup planters honey roasted roasted peanuts dry

Equipment

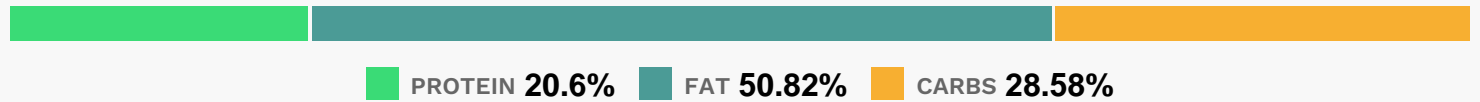
bowl

Directions

Combine all ingredients except dressing in large bowl.

Add dressing; toss to coat.

Nutrition Facts



Properties

Glycemic Index:31.95, Glycemic Load:8, Inflammation Score:-8, Nutrition Score:14.876521671596%

Flavonoids

Hesperetin: 6.19mg, Hesperetin: 6.19mg, Hesperetin: 6.19mg, Hesperetin: 6.19mg Naringenin: 7.81mg, Naringenin: 7.81mg, Naringenin: 7.81mg, Naringenin: 7.81mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 348.92kcal (17.45%), Fat: 20.48g (31.5%), Saturated Fat: 3.12g (19.49%), Carbohydrates: 25.91g (8.64%), Net Carbohydrates: 22.43g (8.15%), Sugar: 11.71g (13.01%), Cholesterol: 36.15mg (12.05%), Sodium: 406.8mg (17.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.68g (37.36%), Vitamin C: 39.23mg (47.55%), Vitamin B3: 8mg (40%), Vitamin A: 1356.62IU (27.13%), Vitamin B6: 0.44mg (21.85%), Manganese: 0.41mg (20.34%), Phosphorus: 199.66mg (19.97%), Selenium: 13.44µg (19.2%), Vitamin K: 17.71µg (16.86%), Potassium: 584.02mg (16.69%), Folate: 55.97µg (13.99%), Fiber: 3.48g (13.94%), Magnesium: 49.53mg (12.38%), Vitamin E: 1.84mg (12.25%), Vitamin B1: 0.14mg (9.63%), Iron: 1.68mg (9.32%), Copper: 0.18mg (9.23%), Vitamin B2: 0.14mg (8.33%), Vitamin B5: 0.82mg (8.2%), Calcium: 66.64mg (6.66%), Zinc: 0.89mg (5.95%), Vitamin B12: 0.14µg (2.41%)