



Pineapple Chicken Salad

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

READY IN

ready

500 min.

SERVINGS

servings

6

CALORIES

calories

317 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 11 ounce mandarin orange segents drained canned
- ☐ 0.5 cup celery thinly sliced
- ☐ 1 cup croutons
- ☐ 0.5 cup mushrooms fresh sliced
- ☐ 0.3 cup bell pepper green chopped
- ☐ 6 leaves lettuce
- ☐ 0.5 cup mayonnaise
- ☐ 2 teaspoons mustard prepared

- ☐ 0.3 cup olives pitted ripe sliced
- ☐ 1 tablespoon onion finely chopped
- ☐ 20 ounce dole pineapple tidbits drained canned
- ☐ 2 cups meat from a rotisserie chicken shredded cooked

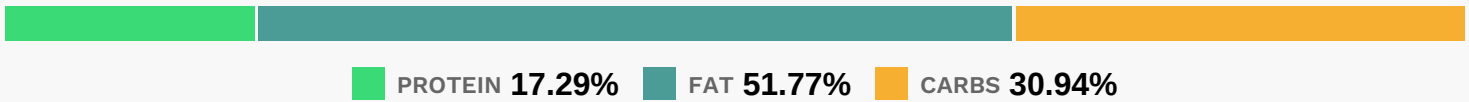
Equipment

- ☐ bowl
- ☐ plastic wrap

Directions

- ☐ Combine drained pineapple and mandarin oranges in a bowl; cover with plastic wrap and refrigerate 8 hours to overnight.
- ☐ Stir mayonnaise and mustard together in a bowl; add chicken, celery, mushrooms, green bell pepper, olives, and onion. Stir mixture until evenly mixed. Cover bowl with plastic wrap and refrigerate 8 hours to over night.
- ☐ Stir pineapple and oranges into the chicken mixture to coat. Spoon into lettuce leaves and top with croutons to serve.

Nutrition Facts



Properties

Glycemic Index:47.83, Glycemic Load:2.71, Inflammation Score:-7, Nutrition Score:12.130434746328%

Flavonoids

Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 316.81kcal (15.84%), Fat: 18.49g (28.45%), Saturated Fat: 3.25g (20.28%), Carbohydrates: 24.87g (8.29%), Net Carbohydrates: 22.06g (8.02%), Sugar: 18.57g (20.64%), Cholesterol: 42.84mg (14.28%), Sodium: 306.25mg

(13.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.9g (27.79%), Vitamin C: 32.28mg (39.12%), Vitamin K: 36.05µg (34.34%), Vitamin B3: 4.83mg (24.15%), Selenium: 15.78µg (22.55%), Vitamin A: 884.66IU (17.69%), Vitamin B6: 0.32mg (16.2%), Vitamin B1: 0.22mg (14.95%), Phosphorus: 125.85mg (12.59%), Fiber: 2.81g (11.24%), Potassium: 381.43mg (10.9%), Copper: 0.2mg (10.19%), Vitamin B2: 0.16mg (9.67%), Magnesium: 35.84mg (8.96%), Zinc: 1.24mg (8.27%), Iron: 1.38mg (7.67%), Vitamin B5: 0.67mg (6.69%), Vitamin E: 0.99mg (6.6%), Folate: 25.12µg (6.28%), Calcium: 42.28mg (4.23%), Manganese: 0.07mg (3.67%), Vitamin B12: 0.16µg (2.68%)