



Pineapple Chicken Salad Lettuce Wraps



Gluten Free



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



2

CALORIES



236 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



6 oz pineapple yoplait®



0.3 teaspoon salt



0.3 teaspoon pepper



1.5 cups roasted chicken cooked chopped



0.3 cup carrots shredded



2 tablespoons spring onion sliced (2 medium)



2 tablespoons bell pepper red chopped



2 tablespoons celery chopped

☐ 6 leaves boston lettuce

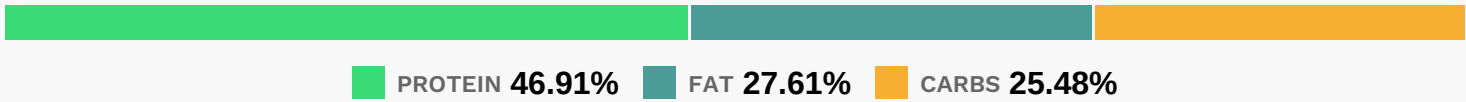
Equipment

☐ bowl

Directions

- ☐ In medium bowl, mix yogurt, salt and pepper. Stir in all remaining ingredients except lettuce until combined.
- ☐ Divide chicken mixture evenly among lettuce leaves (about 1/3 cup per leaf).
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:116.75, Glycemic Load:6.62, Inflammation Score:-10, Nutrition Score:23.944347785867%

Flavonoids

Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 236.37kcal (11.82%), Fat: 7.26g (11.17%), Saturated Fat: 1.94g (12.13%), Carbohydrates: 15.08g (5.03%), Net Carbohydrates: 12.4g (4.51%), Sugar: 10.2g (11.33%), Cholesterol: 78.75mg (26.25%), Sodium: 391.36mg (17.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.76g (55.52%), Vitamin A: 4644.03IU (92.88%), Vitamin C: 56.54mg (68.54%), Vitamin K: 64.37µg (61.31%), Manganese: 0.97mg (48.53%), Vitamin B3: 9.17mg (45.85%), Selenium: 26.29µg (37.56%), Vitamin B6: 0.62mg (31.11%), Phosphorus: 235.81mg (23.58%), Folate: 67.49µg (16.87%), Potassium: 551.82mg (15.77%), Vitamin B2: 0.24mg (13.91%), Vitamin B5: 1.37mg (13.7%), Iron: 2.29mg (12.75%), Zinc: 1.89mg (12.58%), Vitamin B1: 0.18mg (11.92%), Magnesium: 43.66mg (10.91%), Fiber: 2.68g (10.7%), Copper: 0.18mg (9.04%), Calcium: 54.14mg (5.41%), Vitamin B12: 0.3µg (5.08%), Vitamin E: 0.41mg (2.72%)