



## Pineapple Chicken Salad Stuffed Peppers

 Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons cilantro leaves chopped
- 1.5 cups roasted chicken cooked chopped
- 0.3 teaspoon ginger fresh grated
- 5.3 oz greek yogurt yoplait®
- 0.1 teaspoon pepper black
- 2 tablespoons jalapeno fresh seeded finely chopped ()
- 0.3 cup onion chopped
- 0.5 cup bell pepper diced red

2 small bell pepper yellow halved lengthwise seeded

## Equipment

bowl

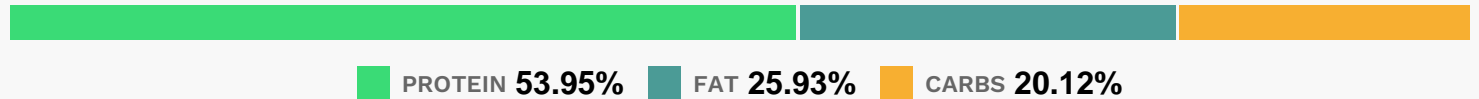
## Directions

In medium bowl, toss all salad ingredients except yellow bell peppers.

Fill each half of yellow pepper with about 1/2 cup chicken salad. If desired, serve on plate garnished with baby kale mix.

Garnish chicken salad with cilantro leaves.

## Nutrition Facts



## Properties

Glycemic Index:85, Glycemic Load:1.22, Inflammation Score:-9, Nutrition Score:21.428695657979%

## Flavonoids

Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 7.24mg, Quercetin: 7.24mg, Quercetin: 7.24mg, Quercetin: 7.24mg

## Nutrients (% of daily need)

Calories: 266.46kcal (13.32%), Fat: 7.6g (11.69%), Saturated Fat: 2.05g (12.84%), Carbohydrates: 13.26g (4.42%), Net Carbohydrates: 10.89g (3.96%), Sugar: 5.78g (6.42%), Cholesterol: 82.51mg (27.5%), Sodium: 110.52mg (4.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.56g (71.13%), Vitamin C: 203.35mg (246.49%), Vitamin B3: 9.69mg (48.44%), Selenium: 33.73µg (48.19%), Vitamin B6: 0.81mg (40.38%), Phosphorus: 343.32mg (34.33%), Vitamin A: 1550.26IU (31.01%), Vitamin B2: 0.43mg (25.55%), Potassium: 662.77mg (18.94%), Vitamin B5: 1.6mg (15.96%), Zinc: 2.28mg (15.23%), Folate: 56.3µg (14.07%), Vitamin B12: 0.83µg (13.84%), Magnesium: 49.01mg (12.25%), Calcium: 115.53mg (11.55%), Manganese: 0.22mg (11%), Iron: 1.94mg (10.77%), Fiber: 2.37g (9.48%), Vitamin B1: 0.14mg (9.41%), Copper: 0.18mg (8.93%), Vitamin E: 1.15mg (7.67%), Vitamin K: 6.15µg (5.86%)