



Polynesian Chicken Salad with Baby Spinach

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

READY IN



20 min.

SERVINGS



20

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups baby spinach leaves
- 0.5 cup mandarin orange segments canned drained
- 2 Tbsp planters cashews
- 2 Tbsp baker's angel flake coconut toasted
- 0.3 cup raspberry vinaigrette with poppyseed dressing made with extra virgin olive oil kraft
- 1 large bell pepper red thinly sliced
- 2 cups torn romaine lettuce
- 0.5 lb chicken breasts boneless skinless sliced

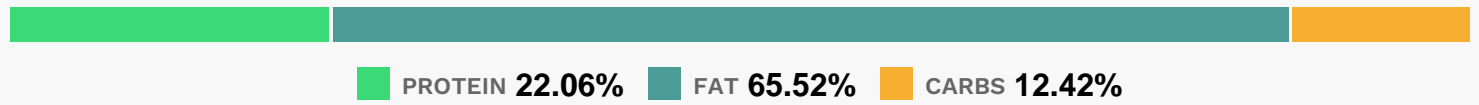
Equipment

bowl

Directions

- Toss spinach and romaine with the peppers and oranges in large bowl.
- Add dressing; mix lightly. Spoon onto serving platter or two salad plates.
- Top with the chicken; sprinkle with the cashews and coconut.

Nutrition Facts



Properties

Glycemic Index:4.46, Glycemic Load:0.18, Inflammation Score:-6, Nutrition Score:4.8239130617484%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 51.04kcal (2.55%), Fat: 3.81g (5.86%), Saturated Fat: 0.81g (5.06%), Carbohydrates: 1.62g (0.54%), Net Carbohydrates: 1.11g (0.41%), Sugar: 0.9g (1%), Cholesterol: 7.26mg (2.42%), Sodium: 16.82mg (0.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.88g (5.77%), Vitamin K: 21.7µg (20.67%), Vitamin A: 1012.82IU (20.26%), Vitamin C: 13.28mg (16.09%), Vitamin B3: 1.33mg (6.67%), Vitamin B6: 0.13mg (6.29%), Selenium: 4µg (5.71%), Folate: 16.97µg (4.24%), Vitamin E: 0.63mg (4.17%), Manganese: 0.08mg (3.77%), Phosphorus: 36.31mg (3.63%), Potassium: 103.38mg (2.95%), Magnesium: 10.85mg (2.71%), Vitamin B5: 0.21mg (2.09%), Fiber: 0.51g (2.03%), Copper: 0.04mg (1.92%), Vitamin B2: 0.03mg (1.75%), Iron: 0.32mg (1.75%), Vitamin B1: 0.03mg (1.74%), Zinc: 0.21mg (1.37%)