 **52%**
HEALTH SCORE

Polynesian Chicken Salad with Baby Spinach

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

READY IN



20 min.

SERVINGS



2

CALORIES



510 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

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

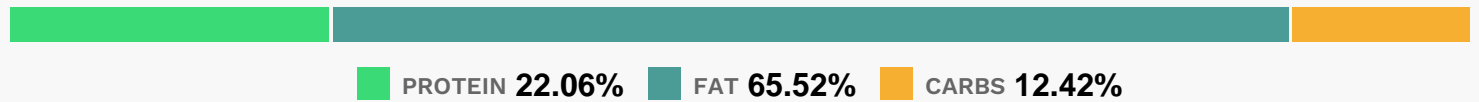
Equipment

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:44.6, Glycemic Load:1.85, Inflammation Score:-10, Nutrition Score:36.492173816847%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg Kaempferol: 1.94mg, Kaempferol: 1.94mg, Kaempferol: 1.94mg, Kaempferol: 1.94mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg

Nutrients (% of daily need)

Calories: 510.42kcal (25.52%), Fat: 38.07g (58.57%), Saturated Fat: 8.1g (50.6%), Carbohydrates: 16.23g (5.41%), Net Carbohydrates: 11.15g (4.05%), Sugar: 8.99g (9.98%), Cholesterol: 72.57mg (24.19%), Sodium: 168.23mg (7.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.84g (57.69%), Vitamin K: 217µg (206.67%), Vitamin A: 10128.16IU (202.56%), Vitamin C: 132.77mg (160.94%), Vitamin B3: 13.34mg (66.71%), Vitamin B6: 1.26mg (62.91%), Selenium: 39.96µg (57.09%), Folate: 169.69µg (42.42%), Vitamin E: 6.25mg (41.68%), Manganese: 0.75mg (37.68%), Phosphorus: 363.05mg (36.31%), Potassium: 1033.76mg (29.54%), Magnesium: 108.5mg (27.13%), Vitamin B5: 2.09mg (20.89%), Fiber: 5.08g (20.32%), Copper: 0.38mg (19.24%), Iron: 3.15mg (17.52%), Vitamin B2: 0.3mg (17.46%), Vitamin B1: 0.26mg (17.4%), Zinc: 2.06mg (13.72%), Calcium: 67.56mg (6.76%), Vitamin B12: 0.23µg (3.78%)