



## Quinoa Chicken Salad

 Gluten Free  Dairy Free

READY IN



32 min.

SERVINGS



6

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 oz oscar mayer carving board flame grilled chicken breast strips chopped
- 6 green onions chopped
- 1 cup quinoa rinsed toasted
- 1 cup grapes red seedless halved
- 0.5 cup tuscan house dressing italian kraft
- 0.5 cup planters walnut pieces toasted

### Equipment

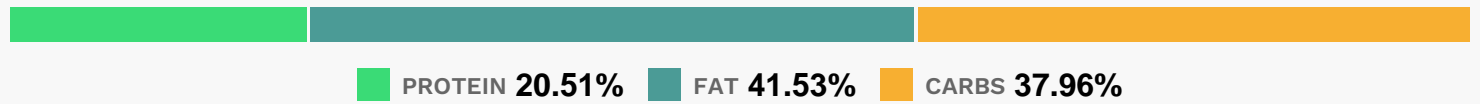
- bowl

sauce pan

## Directions

- Cook quinoa in large saucepan filled with boiling salted water 10 to 12 minutes or until tender; drain.
- Let stand 10 minutes.
- Transfer to large bowl.
- Add remaining ingredients; mix lightly.
- Serve immediately or cover and refrigerate up to 4 days.

## Nutrition Facts



## Properties

Glycemic Index:16.33, Glycemic Load:2.31, Inflammation Score:-5, Nutrition Score:14.008260885011%

## Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

## Nutrients (% of daily need)

Calories: 283.01kcal (14.15%), Fat: 13.28g (20.44%), Saturated Fat: 1.68g (10.49%), Carbohydrates: 27.32g (9.11%), Net Carbohydrates: 24.14g (8.78%), Sugar: 6.55g (7.28%), Cholesterol: 24.1mg (8.03%), Sodium: 219.48mg (9.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.76g (29.52%), Manganese: 0.96mg (47.84%), Vitamin K: 39.83µg (37.93%), Phosphorus: 240.27mg (24.03%), Vitamin B3: 4.56mg (22.82%), Magnesium: 84.58mg (21.15%), Vitamin B6: 0.4mg (20.1%), Copper: 0.38mg (19.09%), Folate: 71.01µg (17.75%), Selenium: 11.2µg (16%), Fiber: 3.18g (12.7%), Vitamin B1: 0.18mg (12.2%), Iron: 2.19mg (12.18%), Potassium: 372.73mg (10.65%), Zinc: 1.54mg (10.27%), Vitamin B2: 0.16mg (9.66%), Vitamin E: 1.38mg (9.19%), Vitamin B5: 0.57mg (5.69%), Calcium: 40.83mg (4.08%), Vitamin C: 3.27mg (3.96%), Vitamin A: 155.17IU (3.1%), Vitamin B12: 0.1µg (1.61%)