



Raspberry-Chicken Salad

READY IN



5 min.

SERVINGS



4

CALORIES



510 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups bibb lettuce chopped
- ☐ 4 servings nut bread
- ☐ 4 chicken breast halves cooked cut into 1-inch pieces
- ☐ 4 servings cream cheese
- ☐ 1 teaspoon dijon mustard
- ☐ 4 servings salt and ground pepper black
- ☐ 2 tablespoons olive oil
- ☐ 1 cup raspberries fresh
- ☐ 0.3 cup raspberry preserves

- ☐ 2 tablespoons scallion minced
- ☐ 1 tablespoon citrus champagne vinegar

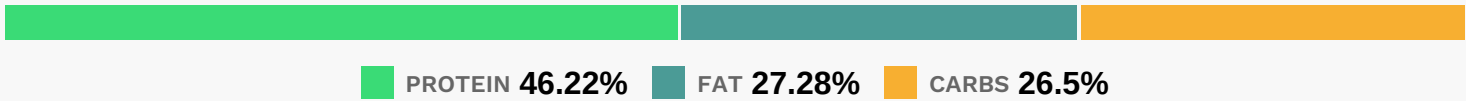
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a medium-size bowl, whisk together raspberry preserves, oil, vinegar, Dijon mustard and salt and pepper.
- ☐ Add scallions and raspberries to vinaigrette.
- ☐ Add diced chicken and toss to combine with vinaigrette. Arrange lettuce on individual plates. Spoon chicken mixture over lettuce just before serving.
- ☐ Serve with nut bread and cream cheese, if desired.

Nutrition Facts



Properties

Glycemic Index:65.67, Glycemic Load:15.57, Inflammation Score:-9, Nutrition Score:27.959130592968%

Flavonoids

Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg

Nutrients (% of daily need)

Calories: 509.76kcal (25.49%), Fat: 15.12g (23.27%), Saturated Fat: 3.13g (19.55%), Carbohydrates: 33.04g (11.01%), Net Carbohydrates: 29.03g (10.56%), Sugar: 13.83g (15.37%), Cholesterol: 147.21mg (49.07%), Sodium: 287.15mg (12.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 57.65g (115.29%), Vitamin B3: 25.54mg (127.7%), Selenium: 56.85µg (81.22%), Vitamin K: 66.01µg (62.86%), Vitamin B6: 1.13mg (56.42%), Phosphorus: 461.51mg (46.15%), Vitamin A: 1747.35IU (34.95%), Manganese: 0.69mg (34.33%), Iron: 3.86mg (21.44%), Vitamin B5: 2.08mg (20.8%), Folate: 77.93µg (19.48%), Vitamin B2: 0.33mg (19.46%), Potassium: 674.8mg (19.28%), Magnesium: 76.92mg (19.23%), Vitamin B1: 0.28mg (18.76%), Fiber: 4.01g (16.04%), Zinc: 2.28mg (15.18%), Vitamin C: 12.22mg (14.82%), Vitamin E: 1.93mg (12.88%), Vitamin B12: 0.59µg (9.78%), Calcium: 94.71mg (9.47%), Copper: 0.19mg (9.36%), Vitamin D: 0.17µg (1.15%)