



Raspberry-Chicken Salad

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



192 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup yogurt plain fat free yoplait® (from 2-lb container)
- ☐ 0.5 cup raspberries fresh
- ☐ 1 tablespoon red wine vinegar
- ☐ 2 teaspoons sugar
- ☐ 6 cups the salad mixed (such as Bibb, iceberg, romaine or spinach)
- ☐ 2 cups chicken breast strips/pre-cooked/chopped cooked
- ☐ 0.3 cup celery thinly sliced
- ☐ 1 cup raspberries fresh

☐ 1 serving pepper freshly ground

Equipment

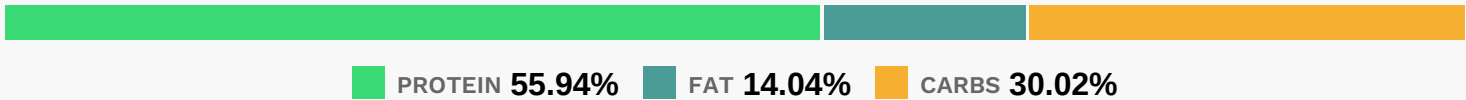
☐ bowl

☐ blender

Directions

- ☐ In blender, place dressing ingredients. Cover; blend on high speed about 15 seconds or until smooth.
- ☐ In large bowl, toss salad greens, chicken, celery and 1 cup raspberries.
- ☐ Serve with dressing and pepper.

Nutrition Facts



Properties

Glycemic Index:46.52, Glycemic Load:2.07, Inflammation Score:-7, Nutrition Score:15.483913036792%

Flavonoids

Cyanidin: 20.6mg, Cyanidin: 20.6mg, Cyanidin: 20.6mg, Cyanidin: 20.6mg Petunidin: 0.14mg, Petunidin: 0.14mg, Petunidin: 0.14mg, Petunidin: 0.14mg Delphinidin: 0.59mg, Delphinidin: 0.59mg, Delphinidin: 0.59mg, Delphinidin: 0.59mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.44mg, Pelargonidin: 0.44mg, Pelargonidin: 0.44mg, Pelargonidin: 0.44mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 1.58mg, Epicatechin: 1.58mg, Epicatechin: 1.58mg, Epicatechin: 1.58mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 192.45kcal (9.62%), Fat: 2.97g (4.56%), Saturated Fat: 0.8g (4.98%), Carbohydrates: 14.26g (4.75%), Net Carbohydrates: 11.19g (4.07%), Sugar: 8.8g (9.78%), Cholesterol: 60.72mg (20.24%), Sodium: 122.07mg (5.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.58g (53.15%), Vitamin B3: 10.3mg (51.5%), Vitamin C: 26.54mg (32.17%), Selenium: 21.9µg (31.29%), Phosphorus: 294.57mg (29.46%), Vitamin B6: 0.53mg (26.58%),

Manganese: 0.42mg (20.92%), Vitamin B2: 0.28mg (16.2%), Calcium: 155.16mg (15.52%), Potassium: 530.26mg (15.15%), Vitamin A: 753.37IU (15.07%), Vitamin B5: 1.31mg (13.09%), Magnesium: 49.56mg (12.39%), Fiber: 3.07g (12.26%), Folate: 44.83µg (11.21%), Zinc: 1.62mg (10.81%), Vitamin B12: 0.61µg (10.19%), Iron: 1.51mg (8.38%), Vitamin B1: 0.11mg (7.51%), Vitamin K: 6.35µg (6.05%), Copper: 0.12mg (5.89%), Vitamin E: 0.6mg (4.02%)