



Roast Chicken and Mango Salad with Yogurt

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



299 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 5 ounce arugula
- ☐ 1 teaspoon cumin seeds
- ☐ 1 tablespoon curry powder
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 large peaches pitted peeled halved sliced
- ☐ 2 tablespoons mango chutney finely chopped
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 6 servings yogurt plain

- ☐ 5 cups roasted chicken shredded
- ☐ 1.5 teaspoons water ()

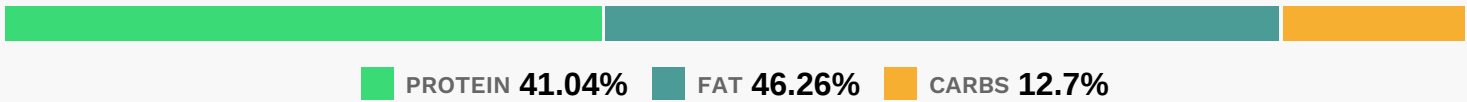
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk first 4 ingredients and 1 1/2 teaspoons water in small bowl to blend.
- ☐ Add more water by teaspoonfuls if dressing is too thick. Season to taste with salt and pepper.
- ☐ Place arugula in large bowl.
- ☐ Add half of dressing and toss to coat.
- ☐ Divide arugula among plates. Scatter chicken and mango over each serving.
- ☐ Drizzle with remaining dressing. Top each serving with dollop of yogurt; sprinkle with nigella seeds.
- ☐ * Pungent and peppery seeds (alsocalled kolonji or black onion seeds); available at Indian markets and from adrianascaravan.com.

Nutrition Facts



Properties

Glycemic Index:22.88, Glycemic Load:3.67, Inflammation Score:-6, Nutrition Score:14.183913189432%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.68mg, Epicatechin: 0.68mg, Epicatechin: 0.68mg, Epicatechin: 0.68mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin:

1.02mg, Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg Kaempferol: 8.31mg, Kaempferol: 8.31mg, Kaempferol: 8.31mg, Kaempferol: 8.31mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 299.01kcal (14.95%), Fat: 15.19g (23.38%), Saturated Fat: 3.13g (19.59%), Carbohydrates: 9.38g (3.13%), Net Carbohydrates: 8.12g (2.95%), Sugar: 6.34g (7.04%), Cholesterol: 87.52mg (29.17%), Sodium: 101.88mg (4.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.33g (60.66%), Vitamin B3: 9.56mg (47.79%), Selenium: 29.74µg (42.49%), Vitamin K: 31.86µg (30.34%), Vitamin B6: 0.52mg (25.94%), Phosphorus: 250.89mg (25.09%), Vitamin A: 717.84IU (14.36%), Iron: 2.45mg (13.6%), Zinc: 2.02mg (13.49%), Vitamin B5: 1.29mg (12.93%), Vitamin B2: 0.21mg (12.5%), Potassium: 421.64mg (12.05%), Magnesium: 42.32mg (10.58%), Vitamin E: 1.57mg (10.44%), Manganese: 0.17mg (8.52%), Folate: 33.43µg (8.36%), Vitamin C: 6.44mg (7.81%), Calcium: 64.43mg (6.44%), Vitamin B1: 0.1mg (6.43%), Copper: 0.13mg (6.28%), Vitamin B12: 0.34µg (5.74%), Fiber: 1.26g (5.05%)