



## Roast Chicken & Rice Salad

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



5 min.

SERVINGS



2

CALORIES



325 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.7 cup meat from a rotisserie chicken cooked chopped
- 0.7 cup brown rice instant cooked
- 2 Tbsp 2 tbsp. kraft lite zesty italian dressing italian kraft
- 1 cup grapes red seedless halved
- 0.3 cup planters walnuts

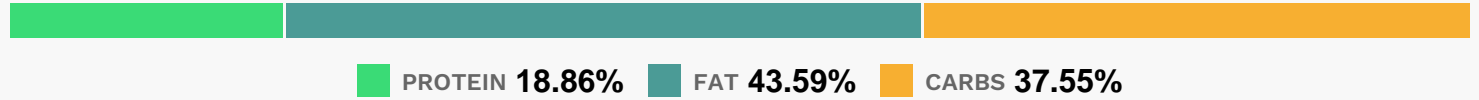
### Equipment

- bowl

## Directions

- Mix all ingredients lightly in medium bowl.
- Serve immediately or cover and refrigerate until ready to serve.

## Nutrition Facts



## Properties

Glycemic Index:33, Glycemic Load:6.18, Inflammation Score:-4, Nutrition Score:11.456956573155%

## Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg

## Nutrients (% of daily need)

Calories: 325.31kcal (16.27%), Fat: 16.13g (24.81%), Saturated Fat: 2.22g (13.91%), Carbohydrates: 31.25g (10.42%), Net Carbohydrates: 29.26g (10.64%), Sugar: 13.67g (15.19%), Cholesterol: 35mg (11.67%), Sodium: 184.97mg (8.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.7g (31.39%), Manganese: 0.75mg (37.7%), Vitamin B3: 4.96mg (24.79%), Selenium: 15.21µg (21.72%), Copper: 0.38mg (18.91%), Vitamin K: 19.65µg (18.71%), Vitamin B6: 0.37mg (18.59%), Phosphorus: 177.86mg (17.79%), Folate: 56.68µg (14.17%), Iron: 2.27mg (12.63%), Vitamin B1: 0.18mg (11.67%), Magnesium: 41.68mg (10.42%), Zinc: 1.49mg (9.96%), Potassium: 332.87mg (9.51%), Vitamin B2: 0.15mg (8.69%), Fiber: 1.99g (7.96%), Vitamin B5: 0.61mg (6.06%), Vitamin E: 0.57mg (3.82%), Calcium: 33.79mg (3.38%), Vitamin C: 2.66mg (3.23%), Vitamin B12: 0.14µg (2.26%), Vitamin A: 77.18IU (1.54%)