



WHATSheATE



HEALTH SCORE

54%

Roasted Chicken Salad



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



495 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1 tablespoon sesame oil dark
- ☐ 0.5 cup cilantro leaves fresh
- ☐ 3 tablespoons rice vinegar
- ☐ 2.3 pound roasted chicken whole
- ☐ 10 ounce italian-blend salad greens (6 cups)
- ☐ 2 tablespoons sesame seed toasted

Equipment

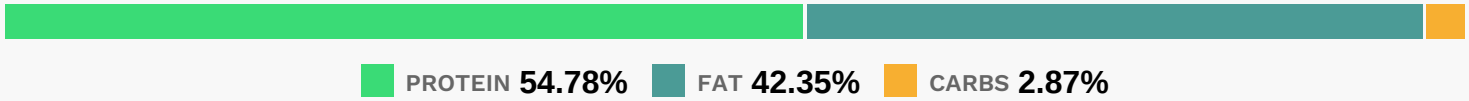
☐

bowl

Directions

- ☐ Combine first 3 ingredients in a large bowl; stir well, and set aside.
- ☐ Remove chicken from bones, and shred with 2 forks to measure about 4 cups meat.
- ☐ Add the chicken, cilantro, sesame seeds, and greens to bowl, and toss gently to coat.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:0.17, Inflammation Score:-8, Nutrition Score:25.102608799934%

Flavonoids

Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 494.62kcal (24.73%), Fat: 22.5g (34.61%), Saturated Fat: 5.41g (33.79%), Carbohydrates: 3.42g (1.14%), Net Carbohydrates: 2.81g (1.02%), Sugar: 0.05g (0.06%), Cholesterol: 191.36mg (63.79%), Sodium: 215.49mg (9.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 65.48g (130.97%), Vitamin B3: 20.73mg (103.65%), Selenium: 64.55µg (92.22%), Vitamin B6: 1.14mg (57.13%), Phosphorus: 544.87mg (54.49%), Zinc: 4.36mg (29.06%), Vitamin B5: 2.58mg (25.81%), Vitamin B2: 0.43mg (25.06%), Iron: 4.2mg (23.32%), Vitamin A: 1119.18IU (22.38%), Potassium: 740.44mg (21.16%), Vitamin C: 16.98mg (20.59%), Magnesium: 76.43mg (19.11%), Copper: 0.35mg (17.59%), Vitamin B1: 0.21mg (14.2%), Manganese: 0.27mg (13.27%), Vitamin B12: 0.74µg (12.33%), Folate: 44.17µg (11.04%), Calcium: 81.72mg (8.17%), Vitamin K: 6.94µg (6.61%), Fiber: 0.62g (2.46%), Vitamin E: 0.2mg (1.36%)