



Shredded Chicken Salad



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



2

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons almonds chopped
- ☐ 0.5 cup mandarin orange segments canned drained
- ☐ 1 cup carrots shredded
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 1 bell pepper red seeded thinly sliced (and)
- ☐ 1 cup cabbage shredded red
- ☐ 1 tablespoon rice vinegar
- ☐ 1 tablespoon sesame oil toasted

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6 ounces chicken breast boneless skinless cooked

Equipment

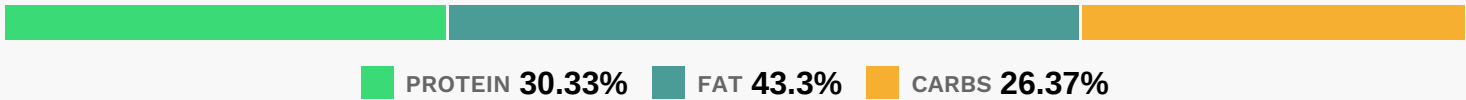
☐

bowl

Directions

- ☐ Shred chicken into a bowl.
- ☐ Add bell pepper, carrots, cabbage, almonds and mandarin oranges.
- ☐ Drizzle with sesame oil, soy sauce and rice vinegar. Toss to coat.

Nutrition Facts



Properties

Glycemic Index:85.42, Glycemic Load:3.62, Inflammation Score:-10, Nutrition Score:27.844782510529%

Flavonoids

Cyanidin: 93.62mg, Cyanidin: 93.62mg, Cyanidin: 93.62mg, Cyanidin: 93.62mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 296.2kcal (14.81%), Fat: 14.64g (22.52%), Saturated Fat: 1.93g (12.04%), Carbohydrates: 20.06g (6.69%), Net Carbohydrates: 14.21g (5.17%), Sugar: 11.61g (12.9%), Cholesterol: 54.43mg (18.14%), Sodium: 447.83mg (19.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.07g (46.15%), Vitamin A: 13696.94IU (273.94%), Vitamin C: 122.34mg (148.29%), Vitamin B3: 10.93mg (54.66%), Vitamin B6: 1.04mg (51.92%), Selenium: 28.28µg (40.41%), Phosphorus: 296.72mg (29.67%), Vitamin E: 4.33mg (28.9%), Vitamin K: 29.48µg (28.08%), Manganese: 0.55mg (27.29%), Potassium: 919.04mg (26.26%), Fiber: 5.85g (23.4%), Vitamin B2: 0.35mg (20.66%), Magnesium: 81.85mg

(20.46%), Vitamin B5: 1.71mg (17.13%), Folate: 61.22µg (15.31%), Vitamin B1: 0.22mg (14.84%), Zinc: 1.52mg (10.13%),
Copper: 0.2mg (9.81%), Iron: 1.73mg (9.6%), Calcium: 85.01mg (8.5%), Vitamin B12: 0.17µg (2.83%)