



6%
HEALTH SCORE

Smucker's Chicken Salad with Wild Rice, Pecans, Grapes and Orange Dressing

 Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



7

CALORIES



287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3.5 cups rice wild cooked
- 1 cup grapes green sliced
- 1 cup orange marmalade sugar free
- 1 tablespoon orange zest grated
- 0.1 teaspoon pepper
- 0.3 cup raspberry vinegar
- 0.3 teaspoon salt

16 ounce chicken breast boneless skinless

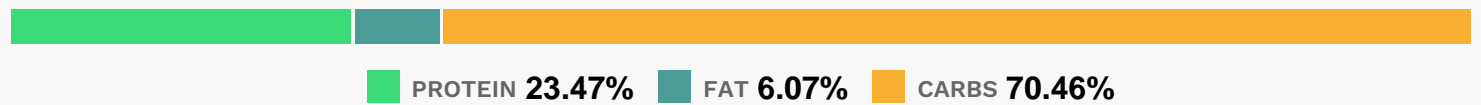
Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Spray a large skillet with Crisco cooking spray: heat over medium-high heat until hot.
- Add chicken; cook 2 minutes on each side or until lightly browned.
- Place chicken in an 11x17-inch baking dish coated with cooking spray.
- Bake at 450 for 20 minutes or until cooked through.
- Remove chicken: cook and cut into 1/4-inch strips.
- In a large bowl, combine chicken, rice, green onions, and grapes and pecans, if desired. Toss well and set aside. In a small bowl, combine orange rind and next 4 ingredients; stir well.
- Pour over chicken mixture; toss well.
- Serve salad at room temperature, on lettuce-lined plates, if desired.

Nutrition Facts



Properties

Glycemic Index:16.86, Glycemic Load:1.75, Inflammation Score:-3, Nutrition Score:10.713913059753%

Nutrients (% of daily need)

Calories: 287.34kcal (14.37%), Fat: 1.99g (3.07%), Saturated Fat: 0.42g (2.62%), Carbohydrates: 52.05g (17.35%), Net Carbohydrates: 49.96g (18.17%), Sugar: 31.42g (34.91%), Cholesterol: 41.47mg (13.82%), Sodium: 187.31mg (8.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.34g (34.68%), Vitamin B3: 7.89mg (39.43%), Vitamin B6: 0.62mg (31.24%), Selenium: 21.71µg (31.01%), Phosphorus: 210.61mg (21.06%), Manganese: 0.3mg (14.93%), Magnesium: 46.33mg (11.58%), Potassium: 391.31mg (11.18%), Vitamin B5: 1.07mg (10.72%), Zinc: 1.52mg (10.1%), Vitamin B2: 0.16mg (9.62%), Copper: 0.19mg (9.37%), Fiber: 2.09g (8.36%), Folate: 28.72µg (7.18%), Vitamin B1:

0.1mg (6.82%), Vitamin C: 4.83mg (5.85%), Iron: 0.91mg (5.07%), Vitamin K: 3.75µg (3.57%), Calcium: 27.61mg (2.76%), Vitamin E: 0.39mg (2.61%), Vitamin B12: 0.13µg (2.16%), Vitamin A: 68.28IU (1.37%)