



Strawberry-Chicken Salad

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



10 min.

SERVINGS



4

CALORIES



346 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup planters almonds sliced
- 15 oz mandarin orange segments drained canned
- 6 oz oscar mayer carving board flame grilled chicken breast strips
- 0.5 cup onions red sliced
- 10 oz torn romaine lettuce
- 0.5 cup creamy poppyseed dressing kraft
- 2 cups strawberries fresh sliced

Equipment

bowl

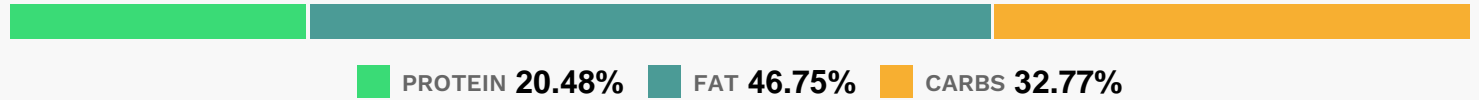
Directions

Toss lettuce with next 4 ingredients in large bowl.

Sprinkle with nuts.

Drizzle with dressing just before serving.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:2.15, Inflammation Score:-10, Nutrition Score:27.928260856349%

Flavonoids

Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.39mg, Catechin: 2.39mg, Catechin: 2.39mg, Catechin: 2.39mg Epigallocatechin: 0.86mg, Epigallocatechin: 0.86mg, Epigallocatechin: 0.86mg, Epigallocatechin: 0.86mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.31mg, Isorhamnetin: 1.31mg, Isorhamnetin: 1.31mg, Isorhamnetin: 1.31mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.46mg, Quercetin: 6.46mg, Quercetin: 6.46mg, Quercetin: 6.46mg Galocatechin: 0.02mg, Galocatechin: 0.02mg, Galocatechin: 0.02mg, Galocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 346.49kcal (17.32%), Fat: 18.53g (28.51%), Saturated Fat: 2.59g (16.16%), Carbohydrates: 29.22g (9.74%), Net Carbohydrates: 23.24g (8.45%), Sugar: 21.11g (23.45%), Cholesterol: 48.96mg (16.32%), Sodium: 309.71mg (13.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.27g (36.53%), Vitamin A: 7605.68IU (152.11%), Vitamin C: 82.88mg (100.46%), Vitamin K: 95.09µg (90.57%), Vitamin B3: 7.26mg (36.31%), Manganese: 0.72mg (35.87%), Folate: 130.79µg (32.7%), Vitamin E: 4.49mg (29.9%), Fiber: 5.98g (23.93%), Phosphorus: 221.43mg (22.14%), Vitamin B6: 0.43mg (21.45%), Selenium: 14.8µg (21.15%), Magnesium: 77.3mg (19.32%), Potassium: 663.1mg

(18.95%), Vitamin B2: 0.3mg (17.56%), Vitamin B1: 0.23mg (15.67%), Copper: 0.26mg (13.24%), Iron: 2.28mg (12.69%), Zinc: 1.7mg (11.3%), Calcium: 92.39mg (9.24%), Vitamin B5: 0.72mg (7.2%), Vitamin B12: 0.17µg (2.88%)