



Sunshine Chicken Salad

 **Gluten Free**  **Dairy Free**

READY IN



10 min.

SERVINGS



10

CALORIES



90 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

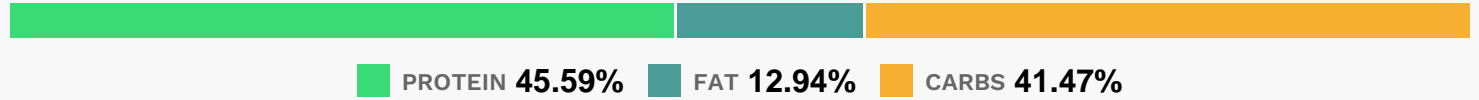
- 1 lb grilled chicken breasts boneless skinless sliced
- 1 cup grapes green seedless cut in half
- 1 mangos sliced
- 8 cups torn salad greens
- 0.5 cup lite raspberry vinaigrette dressing kraft

Equipment

Directions

- Cover platter with greens.
- Top with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:9.77, Glycemic Load:2.63, Inflammation Score:-5, Nutrition Score:7.2113043717716%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 90.43kcal (4.52%), Fat: 1.3g (2%), Saturated Fat: 0.29g (1.8%), Carbohydrates: 9.38g (3.13%), Net Carbohydrates: 8.91g (3.24%), Sugar: 7.68g (8.54%), Cholesterol: 29.03mg (9.68%), Sodium: 165.43mg (7.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.31g (20.62%), Vitamin B3: 5.07mg (25.37%), Selenium: 14.78µg (21.12%), Vitamin B6: 0.4mg (20.15%), Vitamin C: 15.99mg (19.38%), Vitamin A: 611.07IU (12.22%), Phosphorus: 113.65mg (11.37%), Potassium: 286.49mg (8.19%), Vitamin B5: 0.73mg (7.33%), Folate: 22.86µg (5.71%), Vitamin B2: 0.08mg (4.69%), Magnesium: 18.44mg (4.61%), Manganese: 0.08mg (3.88%), Vitamin B1: 0.05mg (3.66%), Copper: 0.07mg (3.52%), Vitamin K: 3.16µg (3.01%), Iron: 0.46mg (2.54%), Zinc: 0.36mg (2.4%), Vitamin E: 0.3mg (2.01%), Fiber: 0.47g (1.87%), Vitamin B12: 0.09µg (1.51%), Calcium: 10.22mg (1.02%)