



Supreme Chicken Salad

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



319 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

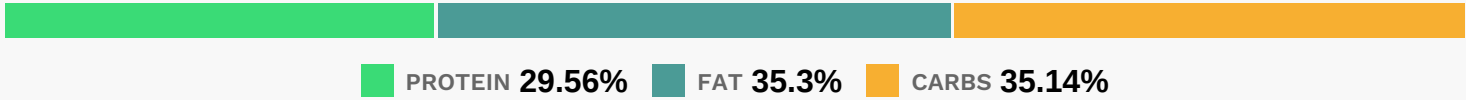
- ☐ 8 cups the of 1 cos lettuce packed
- ☐ 2 cups roasted chicken cooked chopped
- ☐ 2 cups mangos peeled
- ☐ 6 oz raspberries fresh
- ☐ 2 oz goat cheese crumbled
- ☐ 0.3 cup roasted sunflower seeds salted
- ☐ 0.5 cup raspberry vinaigrette

Equipment

Directions

- ☐ Place 2 cups lettuce on each of 4 serving plates. Evenly arrange chicken, mangoes, raspberries, cheese and sunflower nuts on lettuce.
- ☐ Drizzle with dressing.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:19.44, Glycemic Load:6.32, Inflammation Score:-10, Nutrition Score:29.207391277603%

Flavonoids

Cyanidin: 19.55mg, Cyanidin: 19.55mg, Cyanidin: 19.55mg, Cyanidin: 19.55mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.43mg, Pelargonidin: 0.43mg, Pelargonidin: 0.43mg, Pelargonidin: 0.43mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 1.98mg, Catechin: 1.98mg, Catechin: 1.98mg, Catechin: 1.98mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 1.5mg, Epicatechin: 1.5mg, Epicatechin: 1.5mg, Epicatechin: 1.5mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

Nutrients (% of daily need)

Calories: 318.78kcal (15.94%), Fat: 12.83g (19.74%), Saturated Fat: 4.05g (25.31%), Carbohydrates: 28.73g (9.58%), Net Carbohydrates: 21.78g (7.92%), Sugar: 20.96g (23.29%), Cholesterol: 59.02mg (19.67%), Sodium: 435.23mg (18.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.17g (48.34%), Vitamin A: 9269.97IU (185.4%), Vitamin K: 103.65µg (98.71%), Vitamin C: 45.02mg (54.57%), Folate: 197.19µg (49.3%), Selenium: 25.17µg (35.96%), Vitamin B3: 7.03mg (35.13%), Manganese: 0.68mg (34.21%), Phosphorus: 318.87mg (31.89%), Vitamin B6: 0.58mg (29.02%), Vitamin E: 4.33mg (28.84%), Fiber: 6.95g (27.81%), Copper: 0.47mg (23.54%), Potassium: 639.73mg (18.28%), Vitamin B5: 1.8mg (17.98%), Vitamin B2: 0.29mg (17.11%), Iron: 2.81mg (15.64%), Magnesium: 58.45mg (14.61%), Zinc: 2.1mg (14.02%), Vitamin B1: 0.18mg (12.31%), Calcium: 86.31mg (8.63%), Vitamin B12: 0.23µg (3.83%)