



Tropical Blackened Chicken Salad

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

READY IN



25 min.

SERVINGS



4

CALORIES



230 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb chicken breast boneless skinless cut into 1/2-inch strips
- 2 tablespoons blackened seasoning
- 1 tablespoon vegetable oil
- 5 oz the salad mixed (4 cups)
- 1 cup mangos diced pitted peeled
- 0.5 cup bell pepper red chopped
- 0.7 cup raspberry vinaigrette

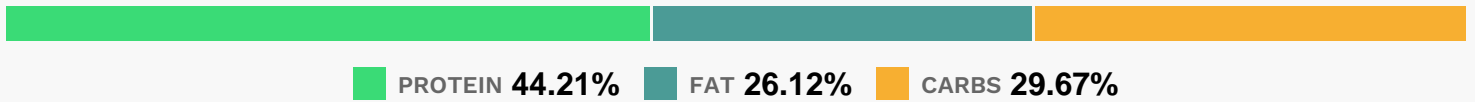
Equipment

- bowl
- frying pan
- paper towels
- ziploc bags

Directions

- Place chicken in heavy-duty resealable food-storage plastic bag.
- Sprinkle seasoning blend over chicken; seal bag and shake until chicken is evenly coated.
- In 10-inch nonstick skillet, heat oil over medium-high heat.
- Add chicken; cook 7 to 10 minutes, stirring frequently, until no longer pink in center.
- Remove chicken from skillet; drain on paper towels.
- In large bowl, toss salad greens, mango, onion and bell pepper; divide among 4 plates. Top with chicken.
- Drizzle with vinaigrette.

Nutrition Facts



Properties

Glycemic Index:20.94, Glycemic Load:3.09, Inflammation Score:-8, Nutrition Score:17.292608525442%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 230.47kcal (11.52%), Fat: 6.57g (10.11%), Saturated Fat: 1.21g (7.59%), Carbohydrates: 16.81g (5.6%), Net Carbohydrates: 15.76g (5.73%), Sugar: 14.79g (16.44%), Cholesterol: 72.57mg (24.19%), Sodium: 1021.31mg (44.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.04g (50.08%), Vitamin B3: 12.48mg (62.4%), Vitamin C: 48.44mg (58.71%), Selenium: 36.7µg (52.42%), Vitamin B6: 0.98mg (49.05%), Vitamin A: 1466.06IU (29.32%),

Phosphorus: 262.57mg (26.26%), Vitamin B5: 1.8mg (17.99%), Potassium: 589.12mg (16.83%), Folate: 43.95µg (10.99%), Magnesium: 39.74mg (9.94%), Vitamin B2: 0.16mg (9.57%), Vitamin K: 9.12µg (8.69%), Vitamin E: 1.16mg (7.73%), Vitamin B1: 0.1mg (6.99%), Manganese: 0.12mg (5.8%), Zinc: 0.82mg (5.44%), Copper: 0.1mg (4.86%), Iron: 0.79mg (4.39%), Fiber: 1.05g (4.2%), Vitamin B12: 0.23µg (3.78%), Calcium: 16.12mg (1.61%)