



## Tropical Chicken Salad

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



190 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups meat from a rotisserie chicken cooked chopped
- 0.3 cup knudsen cream sour
- 2 Tbsp grey poupon dijon mustard
- 0.3 cup parsley fresh chopped
- 1 medium mangos diced pitted peeled
- 1 medium bell pepper red chopped

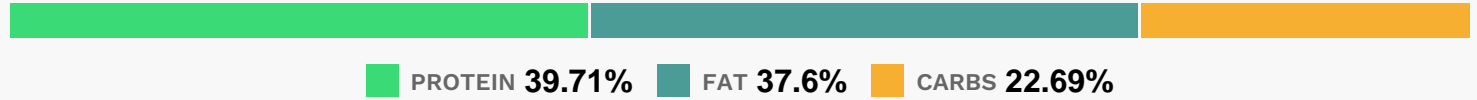
### Equipment

- bowl

## Directions

- Mix sour cream and mustard in large bowl until well blended.
- Add remaining ingredients; mix lightly.
- Serve on a bed of lettuce, wrapped in flour tortillas (6 inch) or as a sandwich filling between 2 bread slices.

## Nutrition Facts



## Properties

Glycemic Index:36.94, Glycemic Load:4.02, Inflammation Score:-9, Nutrition Score:16.669565314832%

## Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg 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: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 190.07kcal (9.5%), Fat: 8g (12.31%), Saturated Fat: 2.81g (17.55%), Carbohydrates: 10.86g (3.62%), Net Carbohydrates: 8.96g (3.26%), Sugar: 8.97g (9.96%), Cholesterol: 60.98mg (20.33%), Sodium: 143.26mg (6.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.01g (38.01%), Vitamin C: 62.06mg (75.23%), Vitamin K: 65.46µg (62.34%), Vitamin A: 1930.89IU (38.62%), Vitamin B3: 6.26mg (31.29%), Selenium: 20.65µg (29.49%), Vitamin B6: 0.45mg (22.48%), Phosphorus: 170.58mg (17.06%), Folate: 46.53µg (11.63%), Vitamin B2: 0.18mg (10.63%), Potassium: 360.01mg (10.29%), Vitamin B5: 0.96mg (9.62%), Zinc: 1.32mg (8.8%), Iron: 1.42mg (7.89%), Fiber: 1.9g (7.6%), Magnesium: 30.36mg (7.59%), Vitamin E: 1.04mg (6.97%), Vitamin B1: 0.09mg (6.28%), Manganese: 0.12mg (5.83%), Copper: 0.12mg (5.81%), Calcium: 40.59mg (4.06%), Vitamin B12: 0.23µg (3.89%)