



Tropical Chicken Salad

 Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



191 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce water chestnuts sliced canned
- ☐ 0.5 cup celery sliced
- ☐ 2 cups rotisserie chicken breast meat diced cooked
- ☐ 1 teaspoon coconut extract
- ☐ 0.3 cup mayonnaise low-fat
- ☐ 1 cup juice mandarin oranges packed drained
- ☐ 0.5 cup mangos fresh diced
- ☐ 2 cups pineapple fresh diced

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2 tablespoons reduced fat cream sour

Equipment

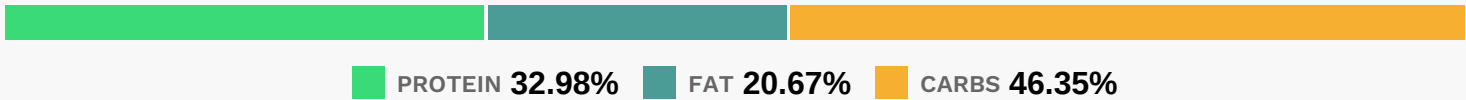
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mixing bowl

Directions

- ☐ In a mixing bowl, combine the chicken, celery, mango, water chestnuts, pineapple, mandarin oranges, mayonnaise, sour cream and coconut extract.
- ☐ Mix together well and refrigerate 1 to 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:30.74, Glycemic Load:6.34, Inflammation Score:-5, Nutrition Score:12.412608535393%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Hesperetin: 2.58mg, Hesperetin: 2.58mg, Hesperetin: 2.58mg, Hesperetin: 2.58mg Naringenin: 3.26mg, Naringenin: 3.26mg, Naringenin: 3.26mg, Naringenin: 3.26mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 190.66kcal (9.53%), Fat: 4.43g (6.82%), Saturated Fat: 1.1g (6.88%), Carbohydrates: 22.35g (7.45%), Net Carbohydrates: 19.16g (6.97%), Sugar: 12.76g (14.17%), Cholesterol: 42.56mg (14.19%), Sodium: 127.72mg (5.55%), Alcohol: 0.28g (100%), Alcohol %: 0.17% (100%), Protein: 15.9g (31.81%), Vitamin C: 41.03mg (49.73%), Vitamin B3: 7.13mg (35.67%), Manganese: 0.61mg (30.56%), Vitamin B6: 0.48mg (24.22%), Selenium: 13.87µg (19.81%), Phosphorus: 136.87mg (13.69%), Fiber: 3.18g (12.74%), Potassium: 360.49mg (10.3%), Vitamin A: 469.24IU (9.38%), Copper: 0.18mg (8.86%), Vitamin K: 8.71µg (8.3%), Vitamin B5: 0.77mg (7.75%), Folate: 30.12µg (7.53%), Magnesium: 30.04mg (7.51%), Vitamin B1: 0.11mg (7.3%), Iron: 1.26mg (7.02%), Vitamin B2: 0.11mg (6.62%), Vitamin E: 0.86mg (5.73%), Zinc: 0.83mg (5.53%), Calcium: 39.61mg (3.96%), Vitamin B12: 0.18µg (2.92%)