



Tropical Chicken Salad



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



412 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups baby spinach
- ☐ 4 cups the of 1 cos lettuce
- ☐ 1 cup pineapple chunks fresh
- ☐ 2 cups rotisserie chicken cut chopped (from 2- to 2 1/2-lb chicken)
- ☐ 1 cup bell pepper red chopped
- ☐ 3 tablespoons spring onion chopped
- ☐ 0.3 cup salad dressing italian
- ☐ 3 tablespoons orange marmalade

☐ 0.3 cup roasted cashews salted

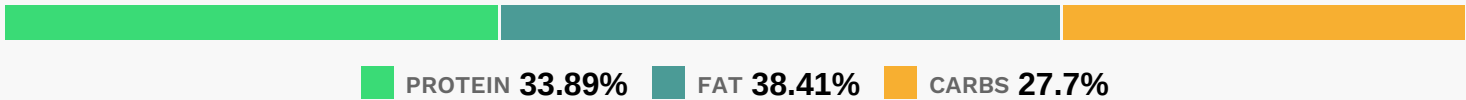
Equipment

☐ bowl

Directions

- ☐ On large serving platter or in large bowl, toss spinach and romaine. Top with pineapple, chicken, bell pepper and onions.
- ☐ In small bowl, stir dressing and orange marmalade.
- ☐ Drizzle dressing over salad.
- ☐ Sprinkle with cashews.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.67, Inflammation Score:-10, Nutrition Score:21.626956473226%

Flavonoids

Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 1.99mg, Kaempferol: 1.99mg, Kaempferol: 1.99mg, Kaempferol: 1.99mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 412.21kcal (20.61%), Fat: 18.21g (28.01%), Saturated Fat: 3.99g (24.96%), Carbohydrates: 29.55g (9.85%), Net Carbohydrates: 25.87g (9.41%), Sugar: 22.35g (24.84%), Cholesterol: 113.56mg (37.85%), Sodium: 698.4mg (30.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.16g (72.31%), Vitamin K: 218.57µg (208.16%), Vitamin A: 8163.89IU (163.28%), Vitamin C: 65.19mg (79.02%), Folate: 152.35µg (38.09%), Manganese: 0.47mg (23.53%), Copper: 0.34mg (17.11%), Magnesium: 68.06mg (17.02%), Potassium: 518.23mg (14.81%), Fiber: 3.68g (14.71%), Vitamin B6: 0.29mg (14.3%), Iron: 2.25mg (12.49%), Vitamin E: 1.81mg (12.08%), Vitamin B1: 0.16mg (10.8%), Vitamin B2: 0.16mg (9.22%), Phosphorus: 89.78mg (8.98%), Calcium: 72.62mg (7.26%), Zinc: 0.94mg (6.24%), Vitamin B3: 1.07mg (5.37%), Selenium: 2.27µg (3.25%), Vitamin B5: 0.31mg (3.14%)