



Tropical Salsa-Topped Chicken Salad

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



252 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 oz fruit cocktail in juice sweetened (from 16-oz package)
- 1 teaspoon lime zest grated
- 0.3 teaspoon salt
- 10 oz chicken breast boneless skinless cut into 1-inch pieces
- 2 tablespoons spring onion sliced
- 1 tablespoon cilantro leaves fresh finely chopped
- 6 oz baby spinach fresh
- 1 tablespoon coconut flakes flaked

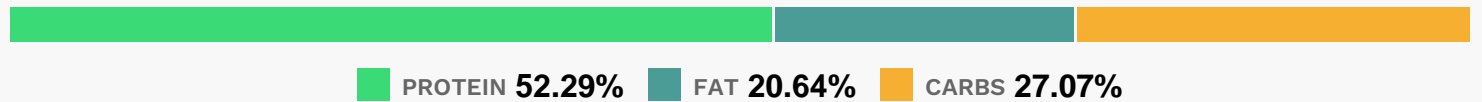
Equipment

- bowl
- frying pan

Directions

- Drain fruit cups, reserving juice. In small bowl, mix 2 tablespoons reserved juice, the lime peel and salt.
- Add chicken pieces; toss to coat. Cover and refrigerate 15 minutes, stirring once.
- Meanwhile, in medium bowl, mix drained fruit, bell pepper, onions and cilantro; set aside.
- Heat 10-inch nonstick skillet over medium-low heat.
- Add chicken with marinade. Cook 6 to 8 minutes, stirring frequently, until chicken is brown on outside and no longer pink in center.
- In large bowl, toss spinach with remaining reserved juice. On 2 dinner plates, arrange spinach. Top with chicken and fruit mixture.
- Sprinkle with coconut.

Nutrition Facts



Properties

Glycemic Index:84.38, Glycemic Load:5.63, Inflammation Score:-10, Nutrition Score:33.024782758692%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg Epicatechin: 5.34mg, Epicatechin: 5.34mg, Epicatechin: 5.34mg, Epicatechin: 5.34mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Kaempferol: 5.51mg, Kaempferol: 5.51mg, Kaempferol: 5.51mg, Kaempferol: 5.51mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 4.78mg, Quercetin: 4.78mg, Quercetin: 4.78mg, Quercetin: 4.78mg

Nutrients (% of daily need)

Calories: 252.08kcal (12.6%), Fat: 5.78g (8.89%), Saturated Fat: 2.31g (14.47%), Carbohydrates: 17.05g (5.68%), Net Carbohydrates: 14.35g (5.22%), Sugar: 11.61g (12.9%), Cholesterol: 90.72mg (30.24%), Sodium: 528.83mg (22.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.93g (65.86%), Vitamin K: 424.12µg (403.93%), Vitamin A: 8092.48IU (161.85%), Vitamin B3: 15.53mg (77.67%), Selenium: 46.83µg (66.9%), Vitamin B6: 1.26mg (62.99%), Manganese: 0.95mg (47.4%), Folate: 174.93µg (43.73%), Phosphorus: 354.93mg (35.49%), Vitamin C: 28.13mg (34.1%), Potassium: 1145.83mg (32.74%), Magnesium: 113.28mg (28.32%), Vitamin B5: 2.16mg (21.59%), Vitamin B2: 0.33mg (19.39%), Iron: 3.15mg (17.5%), Vitamin E: 2.06mg (13.72%), Vitamin B1: 0.19mg (12.41%), Fiber: 2.69g (10.78%), Calcium: 105.97mg (10.6%), Copper: 0.19mg (9.43%), Zinc: 1.37mg (9.15%), Vitamin B12: 0.28µg (4.72%)