



Warm Chicken and Cranberry Salad

 Gluten Free  Dairy Free

READY IN



18 min.

SERVINGS



18

CALORIES



95 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup planters almonds toasted sliced
- 0.8 cup balsamic vinaigrette dressing divided kraft
- 1 cup cranberries dried
- 10 oz salad greens
- 1 lb chicken breasts boneless skinless cut into strips

Equipment

- bowl
- frying pan

Directions

- Cook and stir chicken in 1/4 cup of the dressing in large skillet on medium-high heat 8 minutes or until chicken is cooked through.
- Toss greens with cranberries and almonds in large bowl.
- Add chicken; mix lightly.
- Spoon onto serving platter.
- Drizzle with remaining 1/2 cup dressing.

Nutrition Facts

PROTEIN 24.24% **FAT 46.6%** **CARBS 29.16%**

Properties

Glycemic Index:0.56, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:3.6726086755162%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 95.44kcal (4.77%), Fat: 4.98g (7.66%), Saturated Fat: 0.53g (3.29%), Carbohydrates: 7.01g (2.34%), Net Carbohydrates: 6.5g (2.36%), Sugar: 5.27g (5.86%), Cholesterol: 16.13mg (5.38%), Sodium: 122.18mg (5.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.83g (11.66%), Vitamin B3: 2.8mg (13.99%), Selenium: 8.22µg (11.74%), Vitamin B6: 0.21mg (10.28%), Phosphorus: 65.75mg (6.57%), Vitamin C: 3.97mg (4.81%), Vitamin B5: 0.4mg (3.99%), Potassium: 132.99mg (3.8%), Vitamin A: 186.49IU (3.73%), Manganese: 0.07mg (3.7%), Vitamin E: 0.52mg (3.44%), Magnesium: 12mg (3%), Vitamin B2: 0.05mg (2.91%), Fiber: 0.52g (2.07%), Folate: 7.4µg (1.85%), Vitamin B1: 0.02mg (1.62%), Copper: 0.03mg (1.6%), Zinc: 0.23mg (1.51%), Iron: 0.27mg (1.48%)