



# Sesame Mango Chicken Salad-to-Go

*A perfect way to make use of your chicken dinner leftovers is to use them in a unique lunch-time salad. This is a quick and easy lunch that can be prepared the night before and stored in the fridge. Furthermore, just half a mango provides almost 40 percent of a woman's daily vitamin C requirements. Mangoes also provide a source fibre and potassium.*

**Prep: 10 minutes • Total: 10 minutes**

## Ingredients:

Asian sesame dressing	1.5 Tbsp	22 mL
Iceberg lettuce	1 cup	250mL
Shredded carrots	½ cup	125 mL
Red peppers, chopped	¼ cup	60 mL
Sliced chicken breast	2.1 oz	60 g
Chopped mango	¼ cup	60 mL
Chopped peanuts	1 Tbsp	15 mL

## Directions:

1. Spoon dressing into 3-cup resealable container; top with remaining ingredients. Cover with lid.
2. Refrigerate until ready to pack in insulated lunch bag.
3. Shake container to coat salad with dressing just before serving.

## Nutrition Facts

Serving Size (325g)

Servings Per Container

Amount Per Serving

**Calories 300**    **Calories from Fat 140**

% Daily Value\*

**Total Fat 15g**    **23%**

Saturated Fat 2g    **10%**

Trans Fat 0g

**Cholesterol 55mg**    **18%**

**Sodium 470mg**    **20%**

**Total Carbohydrate 23g**    **8%**

Dietary Fiber 5g    **20%**

Sugars 13g

**Protein 19g**

Vitamin A 220%    •    Vitamin C 110%

Calcium 4%    •    Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

*Adapted from: Kraft Canada*

**Makes 1 serving (272g / serving)**

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