



Basmati Chicken Salad

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



331 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 ounce artichoke hearts drained coarsely chopped canned
- 1 cup rice uncooked
- 0.5 teaspoon pepper black freshly ground
- 15.5 ounce garbanzo beans drained canned (garbanzo beans)
- 2 cups rotisserie chicken breast meat shredded boneless skinless
- 1 teaspoon dijon mustard
- 3 tablespoons olive oil extravirgin
- 0.3 cup fat-skimmed beef broth fat-free

- 3 garlic clove minced
- 0.5 cup spring onion thinly sliced
- 3 tablespoons juice of lemon fresh
- 1 teaspoon lemon zest grated
- 0.3 teaspoon oregano dried
- 0.8 teaspoon salt
- 0.3 cup sun-dried olives drained chopped
- 1.5 cups water

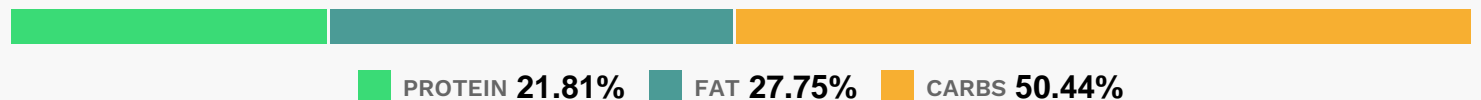
Equipment

- bowl
- sauce pan
- whisk

Directions

- To prepare salad, bring 1 1/2 cups water to a boil in a 3-quart saucepan; add rice and garlic. Cover; reduce heat, and simmer 20 minutes or until liquid is absorbed.
- Remove from heat, and let stand 5 minutes.
- Place in a large bowl.
- Add chicken, onions, tomato, rind, chickpeas, and artichokes to rice; stir gently to combine.
- To prepare dressing, combine broth and remaining ingredients, stirring with a whisk.
- Drizzle over salad, tossing gently to coat.

Nutrition Facts



Properties

Glycemic Index:43.75, Glycemic Load:18.41, Inflammation Score:-5, Nutrition Score:15.483043570881%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 331.2kcal (16.56%), Fat: 10.16g (15.63%), Saturated Fat: 1.49g (9.29%), Carbohydrates: 41.54g (13.85%), Net Carbohydrates: 35.91g (13.06%), Sugar: 2.71g (3.01%), Cholesterol: 32mg (10.67%), Sodium: 855.66mg (37.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.96g (35.93%), Manganese: 1.1mg (54.83%), Vitamin B6: 0.82mg (40.88%), Selenium: 23.15µg (33.07%), Vitamin B3: 6.34mg (31.72%), Vitamin K: 24.39µg (23.23%), Fiber: 5.63g (22.5%), Phosphorus: 223.71mg (22.37%), Potassium: 527.88mg (15.08%), Copper: 0.29mg (14.31%), Vitamin B5: 1.38mg (13.83%), Magnesium: 53.52mg (13.38%), Iron: 2.02mg (11.23%), Vitamin C: 7.84mg (9.51%), Zinc: 1.3mg (8.63%), Folate: 33.19µg (8.3%), Vitamin E: 1.22mg (8.11%), Vitamin B1: 0.11mg (7.56%), Vitamin B2: 0.11mg (6.56%), Calcium: 56.42mg (5.64%), Vitamin A: 152.8IU (3.06%), Vitamin B12: 0.12µg (1.98%)