



Big chicken & crouton salad

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



680 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 roasted chicken
- ☐ 2 slices top white thick
- ☐ 1 tbsp olive oil
- ☐ 1 large the of 1 cos lettuce shredded
- ☐ 1 celery stalks finely sliced
- ☐ 4 spring onion finely chopped
- ☐ 0.5 cucumber diced
- ☐ 90 ml mayonnaise

- ☐ 1.5 tbsp tarragon vinegar
- ☐ 1 small bunch tarragon chopped

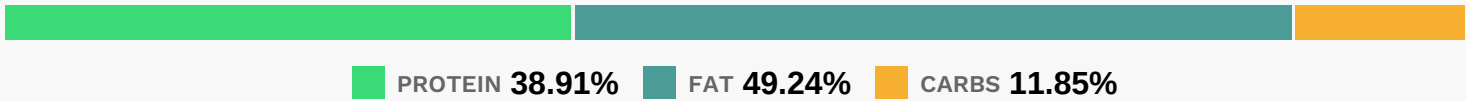
Equipment

- ☐ bowl

Directions

- ☐ Remove the skin from the chicken and pull the meat off the bones in chunks. Tear the meat into smaller pieces. Toast the bread, then brush with olive oil. Roughly chop into chunky croutons.
- ☐ Put the lettuce into a large bowl and scatter over the chicken, celery, onions and cucumber in layers. The salad will hold like this for up to 2 hrs in the fridge.
- ☐ Mix the mayonnaise with the vinegar and season well. Stir in the chopped tarragon, then spoon over the salad. Toss well, scatter with the croutons and serve.

Nutrition Facts



Properties

Glycemic Index:82.38, Glycemic Load:13.73, Inflammation Score:-8, Nutrition Score:29.215652104305%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 680.22kcal (34.01%), Fat: 36.37g (55.96%), Saturated Fat: 7.54g (47.11%), Carbohydrates: 19.69g (6.56%), Net Carbohydrates: 18.1g (6.58%), Sugar: 2.5g (2.77%), Cholesterol: 188.95mg (62.98%), Sodium: 513.36mg (22.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 64.67g (129.35%), Vitamin B3: 20.74mg (103.69%), Selenium: 68.94µg (98.48%), Vitamin K: 72.06µg (68.63%), Vitamin B6: 1.1mg (55.03%), Phosphorus: 520.01mg (52%), Vitamin B2: 0.54mg (32.03%), Iron: 5.2mg (28.87%), Zinc: 4.22mg (28.13%), Vitamin B1: 0.41mg (27.11%), Vitamin B5: 2.59mg (25.88%), Potassium: 755.86mg (21.6%), Manganese: 0.43mg (21.54%), Folate: 80.72µg (20.18%), Vitamin A: 957.08IU (19.14%), Magnesium: 75.84mg (18.96%), Copper: 0.24mg (12.18%), Vitamin B12: 0.72µg (12.03%), Vitamin E: 1.36mg (9.06%), Calcium: 86.89mg (8.69%), Fiber: 1.59g (6.36%), Vitamin C: 4.77mg

(5.78%)