



## Butter Lettuce, Chicken, and Cherry Salad



Vegetarian



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



363 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 3 heads boston lettuce cored
- ☐ 1 pound cherries fresh pitted stemmed crushed
- ☐ 1 tablespoon chives chopped
- ☐ 3 tablespoons dijon mustard
- ☐ 3 tablespoons optional: dill fresh chopped
- ☐ 1 garlic clove minced
- ☐ 2 tablespoons honey
- ☐ 4 servings kosher salt and pepper black freshly ground

- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 4 radishes thinly sliced
- ☐ 4 slices rustic bread thick

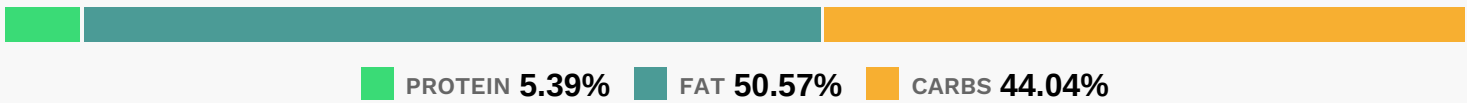
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk

## Directions

- ☐ Whisk first 5 ingredients in a small bowl.Gradually whisk in oil. Season to taste withsalt and pepper. Stir; set aside.
- ☐ Removecrispy chicken skin and tear into pieces.Pull chicken meat from bones and tearinto pieces; discard bones. Reserve skinand meat.
- ☐ Heat chicken fat in a large skillet overmedium heat.
- ☐ Add bread to skillet and toast,turning frequently, until golden and crisp,about 2 minutes.
- ☐ Remove with a slottedspoon and drain on paper towels. Seasonwith salt and pepper while still hot.
- ☐ Place chicken meat in a large bowl.
- ☐ Add cherries, butter lettuce, radishes, andchives and drizzle with vinaigrette; toss tocoat. Divide salad among plates and garnishwith croutons and chicken skin.
- ☐ Calories 705 Fat 40 g Carbs 48 g
- ☐ Bon Appétit

## Nutrition Facts



## Properties

Glycemic Index:65.07, Glycemic Load:8.13, Inflammation Score:-10, Nutrition Score:17.731304261995%

Flavonoids

Cyanidin: 34.26mg, Cyanidin: 34.26mg, Cyanidin: 34.26mg, Cyanidin: 34.26mg Pelargonidin: 2.83mg, Pelargonidin: 2.83mg, Pelargonidin: 2.83mg Peonidin: 1.7mg, Peonidin: 1.7mg, Peonidin: 1.7mg, Peonidin: 1.7mg Catechin: 4.94mg, Catechin: 4.94mg, Catechin: 4.94mg, Catechin: 4.94mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 5.67mg, Epicatechin: 5.67mg, Epicatechin: 5.67mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 6.2mg, Quercetin: 6.2mg, Quercetin: 6.2mg, Quercetin: 6.2mg

Nutrients (% of daily need)

Calories: 362.77kcal (18.14%), Fat: 21.49g (33.07%), Saturated Fat: 5.82g (36.38%), Carbohydrates: 42.11g (14.04%), Net Carbohydrates: 37.01g (13.46%), Sugar: 31.11g (34.56%), Cholesterol: 0mg (0%), Sodium: 206.82mg (8.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.16g (10.31%), Vitamin K: 137.56µg (131.01%), Vitamin A: 4187.09IU (83.74%), Folate: 112.7µg (28.18%), Vitamin C: 19.98mg (24.21%), Fiber: 5.11g (20.43%), Manganese: 0.39mg (19.5%), Potassium: 642.37mg (18.35%), Vitamin E: 2.31mg (15.39%), Iron: 2.72mg (15.13%), Vitamin B1: 0.16mg (10.4%), Magnesium: 39.53mg (9.88%), Vitamin B6: 0.19mg (9.36%), Phosphorus: 88.08mg (8.81%), Vitamin B2: 0.15mg (8.78%), Vitamin B3: 1.63mg (8.13%), Calcium: 70.41mg (7.04%), Selenium: 4.8µg (6.86%), Copper: 0.11mg (5.47%), Vitamin B5: 0.49mg (4.86%), Zinc: 0.49mg (3.3%)