



Champagne Chicken Salad



Gluten Free



Very Healthy

READY IN



60 min.

SERVINGS



6

CALORIES



535 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup almonds toasted sliced
- ☐ 3.5 qts boston lettuce leaves loosely packed ()
- ☐ 2 tablespoons champagne vinegar
- ☐ 1 tablespoon optional: dill minced for garnish
- ☐ 4 ounces goat cheese fresh crumbled
- ☐ 1 teaspoon kosher salt plus more for water
- ☐ 5 tablespoons olive oil extra-virgin
- ☐ 0.5 teaspoon pepper

- ☐ 24 young trimmed to 1/2 in.
- ☐ 2 pounds boned

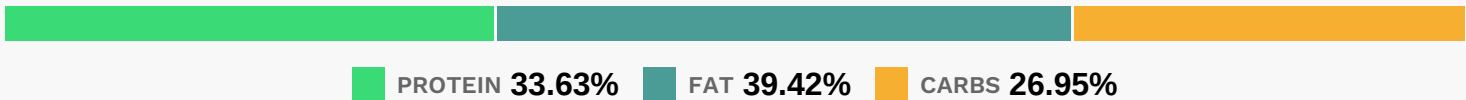
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ colander
- ☐ cutting board

Directions

- ☐ Bring a large, wide pot of salted water to a boil.
- ☐ Add carrots and boil until crisp-tender, about 4 minutes.
- ☐ Transfer to a colander and rinse with cold water.
- ☐ Add chicken; reduce heat to a simmer. Cook chicken, uncovered, 8 minutes.
- ☐ Remove from heat and let stand, covered, 10 minutes, or until cooked through.
- ☐ Transfer to a cutting board and let cool.
- ☐ Whisk vinegar, 1 tsp. salt, the oil, pepper, and minced chervil in a large bowl.
- ☐ Cut chicken into thick crosswise slices (against the grain), put in another bowl, and drizzle with half of dressing; turn to coat.
- ☐ Toss lettuce and carrots with remaining dressing (add any dressing from chicken). Divide among plates; top with chicken, cheese, almonds, and chervil sprigs.
- ☐ *We are big fans of La Tourangelle brand, found in well-stocked grocery stores and online at latourangelle.com

Nutrition Facts



Properties

Glycemic Index:14.81, Glycemic Load:7.82, Inflammation Score:-10, Nutrition Score:53.773912854817%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 15.6mg, Quercetin: 15.6mg, Quercetin: 15.6mg, Quercetin: 15.6mg

Nutrients (% of daily need)

Calories: 535.04kcal (26.75%), Fat: 24.38g (37.5%), Saturated Fat: 5.69g (35.56%), Carbohydrates: 37.5g (12.5%), Net Carbohydrates: 23.72g (8.62%), Sugar: 17.18g (19.09%), Cholesterol: 105.46mg (35.15%), Sodium: 829.9mg (36.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.8g (93.59%), Vitamin A: 59336.5IU (1186.73%), Vitamin K: 604.88µg (576.08%), Folate: 462.6µg (115.65%), Vitamin B3: 20.48mg (102.42%), Vitamin B6: 1.99mg (99.28%), Potassium: 2746.53mg (78.47%), Manganese: 1.56mg (77.84%), Selenium: 52.97µg (75.67%), Phosphorus: 666.54mg (66.65%), Fiber: 13.79g (55.14%), Iron: 9.09mg (50.5%), Vitamin B2: 0.78mg (45.92%), Vitamin C: 37.08mg (44.94%), Vitamin E: 6.13mg (40.88%), Magnesium: 161.05mg (40.26%), Vitamin B1: 0.6mg (40.08%), Vitamin B5: 3.81mg (38.08%), Calcium: 336.39mg (33.64%), Copper: 0.45mg (22.27%), Zinc: 3mg (20.03%), Vitamin B12: 0.34µg (5.64%), Vitamin D: 0.23µg (1.51%)