



Chicken and Bread Salad

READY IN



45 min.

SERVINGS



3

CALORIES



578 kcal

SIDE DISH

Ingredients

- 8 oz baguette cut into 1-inch cubes
- 0.3 cup calamata olives pitted chopped
- 8 oz cherry tomatoes stemmed rinsed halved
- 3 oz feta cheese crumbled
- 2 tablespoons basil leaves fresh packed rinsed
- 3 cloves garlic peeled
- 0.3 cup juice of lemon
- 0.5 cup olive oil
- 0.5 teaspoon oregano dried

- 0.3 teaspoon pepper
- 0.3 cup onion red thinly sliced
- 4 ounces salad mix rinsed
- 0.5 teaspoon salt
- 12 ounces meat from a rotisserie chicken shredded cooked cut into 1-inch chunks

Equipment

- bowl
- blender

Directions

- In a blender, whirl olive oil, lemon juice, feta, garlic, basil, oregano, salt, and pepper until smooth.
- In a large bowl, combine chicken, bread cubes, tomatoes, red and yellow bell pepper, onion, and olives.
- Add dressing and mix gently to coat.
- Divide salad mix evenly among four plates. Mound bread mixture over greens.

Nutrition Facts



Properties

Glycemic Index:87.58, Glycemic Load:25.93, Inflammation Score:-9, Nutrition Score:27.706521562908%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg

Nutrients (% of daily need)

Calories: 577.58kcal (28.88%), Fat: 24.82g (38.18%), Saturated Fat: 7.5g (46.86%), Carbohydrates: 46.57g (15.52%), Net Carbohydrates: 43.45g (15.8%), Sugar: 6.8g (7.56%), Cholesterol: 110.28mg (36.76%), Sodium: 1458.4mg (63.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.41g (82.83%), Vitamin B3: 13.38mg (66.88%), Selenium: 46.35µg (66.21%), Vitamin C: 36.37mg (44.09%), Phosphorus: 434.32mg (43.43%), Vitamin B6: 0.83mg (41.56%), Vitamin B2: 0.7mg (41.13%), Vitamin B1: 0.62mg (41.01%), Folate: 129.04µg (32.26%), Manganese: 0.64mg (32.13%), Iron: 5.3mg (29.45%), Calcium: 271.3mg (27.13%), Zinc: 3.42mg (22.83%), Vitamin A: 1088.18IU (21.76%), Potassium: 674.98mg (19.29%), Vitamin B5: 1.88mg (18.82%), Magnesium: 66.85mg (16.71%), Vitamin K: 17.39µg (16.56%), Vitamin E: 2.27mg (15.13%), Copper: 0.28mg (14.16%), Vitamin B12: 0.81µg (13.47%), Fiber: 3.12g (12.48%)