



## Chicken and Green Bean Salad

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



413 kcal

SIDE DISH

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 4 ounces bread french cut into 12 thin slices
- 1 cup cherry tomatoes halved
- 1 teaspoon thyme sprigs fresh chopped
- 1.5 cups green beans trimmed cut in half
- 0.3 teaspoon kosher salt
- 1.5 tablespoons juice of lemon fresh
- 3 tablespoons olive oil extra virgin extra-virgin

- 4 servings potatoes – remove skin red
- 2 cups rotisserie chicken cut dark shredded boneless skinless white ( and meat)
- 1.5 tablespoons dijon mustard

## Equipment

- bowl
- baking sheet
- whisk
- broiler

## Directions

- Preheat broiler.
- Arrange bread in a single layer on a baking sheet. Broil 1 minute or until toasted.
- Steam green beans 3 minutes or until crisp-tender.
- Drain and rinse with cold water; drain.
- Combine oil and next 5 ingredients (through pepper) in a medium bowl, stirring with a whisk.
- Add chicken, beans, and tomatoes; toss to combine.
- Serve with toast.

## Nutrition Facts



**PROTEIN 35.3%** **FAT 45.48%** **CARBS 19.22%**

## Properties

Glycemic Index:58.88, Glycemic Load:12.21, Inflammation Score:-7, Nutrition Score:9.2543478115745%

## Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin:

1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

## **Nutrients (% of daily need)**

Calories: 413.27kcal (20.66%), Fat: 21.2g (32.62%), Saturated Fat: 4.21g (26.33%), Carbohydrates: 20.15g (6.72%), Net Carbohydrates: 17.77g (6.46%), Sugar: 3.84g (4.26%), Cholesterol: 113.56mg (37.85%), Sodium: 795.45mg (34.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.02g (74.04%), Vitamin K: 25.62µg (24.4%), Vitamin C: 16.61mg (20.14%), Vitamin B1: 0.26mg (17.45%), Manganese: 0.33mg (16.36%), Selenium: 10.47µg (14.96%), Folate: 55.27µg (13.82%), Vitamin E: 1.98mg (13.19%), Iron: 2.05mg (11.37%), Vitamin B2: 0.18mg (10.56%), Vitamin A: 495.62IU (9.91%), Vitamin B3: 1.93mg (9.63%), Fiber: 2.38g (9.5%), Magnesium: 27.01mg (6.75%), Potassium: 225.03mg (6.43%), Vitamin B6: 0.13mg (6.41%), Phosphorus: 63.73mg (6.37%), Copper: 0.11mg (5.52%), Calcium: 40.86mg (4.09%), Zinc: 0.5mg (3.33%), Vitamin B5: 0.27mg (2.66%)