



Chicken and Peaches Platter

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



436 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 ounces almonds roughly chopped
- 0.3 teaspoon pepper black
- 0.8 cup cheese blue crumbled
- 1 teaspoon kosher salt
- 0.3 cup olive oil extra-virgin
- 2 peaches ripe peeled roughly chopped (, if desired)
- 2 heads romaine lettuce
- 1 rotisserie chicken cut store-bought sliced

0.3 cup citrus champagne vinegar

Equipment

bowl

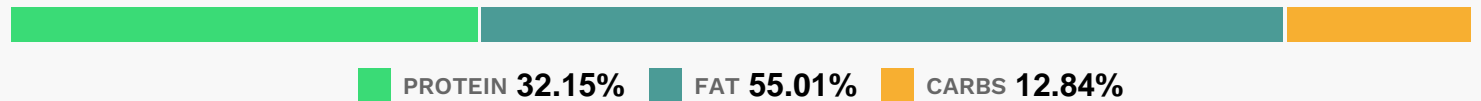
whisk

Directions

Arrange the lettuce, chicken, peaches, cheese, and almonds on a platter. In a small bowl, whisk together the vinegar, oil, salt, and pepper.

Drizzle the vinaigrette over the salad and toss.

Nutrition Facts



Properties

Glycemic Index:18.21, Glycemic Load:1.93, Inflammation Score:-10, Nutrition Score:23.819130495838%

Flavonoids

Cyanidin: 1.19mg, Cyanidin: 1.19mg, Cyanidin: 1.19mg, Cyanidin: 1.19mg Catechin: 2.58mg, Catechin: 2.58mg, Catechin: 2.58mg, Catechin: 2.58mg Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg

Nutrients (% of daily need)

Calories: 436.42kcal (21.82%), Fat: 27.49g (42.3%), Saturated Fat: 7.02g (43.87%), Carbohydrates: 14.45g (4.82%), Net Carbohydrates: 8.11g (2.95%), Sugar: 7.19g (7.99%), Cholesterol: 108.66mg (36.22%), Sodium: 952.92mg (41.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.15g (72.3%), Vitamin A: 18467.17IU (369.34%), Vitamin K: 221.34µg (210.8%), Folate: 297.03µg (74.26%), Manganese: 0.59mg (29.38%), Vitamin E: 4.39mg (29.3%), Fiber: 6.33g (25.34%), Potassium: 694.04mg (19.83%), Vitamin B2: 0.33mg (19.27%), Calcium: 186.68mg (18.67%), Phosphorus: 185.29mg (18.53%), Magnesium: 63.16mg (15.79%), Iron: 2.7mg (15.02%), Vitamin C: 10.45mg

(12.66%), Vitamin B1: 0.19mg (12.44%), Copper: 0.25mg (12.28%), Vitamin B6: 0.21mg (10.41%), Zinc: 1.34mg (8.96%),
Vitamin B3: 1.57mg (7.86%), Vitamin B5: 0.71mg (7.1%), Selenium: 4.72µg (6.75%), Vitamin B12: 0.21µg (3.43%)