



## Chicken and Potato Pesto Salad



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



8

CALORIES



312 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 1 pound green beans fresh washed and trimmed
- ☐ 2 pounds idaho potatoes peeled scrubbed well (, if desired)
- ☐ 3 cups salad greens mixed
- ☐ 1 tablespoon olive oil
- ☐ 0.8 cup dairy-free pesto sauce prepared
- ☐ 1.5 pounds chicken breast boneless skinless cut into 1-inch cubes

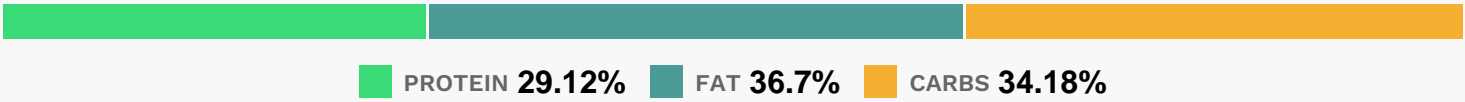
## Equipment

- ☐ pot

## Directions

- ☐
- Fill a large heavy pot with tight-fitting cover half full with water. Bring it to a boil over high heat.Meanwhile, cut the potatoes in half lengthwise, then cut crosswise in 1/2-inch slices.
- ☐
- Add the potatoes to the boiling water, cover and return to boiling. Cook 3 minutes.
- ☐
- Add the green beans to the pot with the potatoes and cook another 4 minutes.
- ☐
- Drain the potatoes and beans and set aside. The vegetables should still be relatively firm.In the same pot, heat the olive oil over medium-high to high heat and cook chicken while stirring, for 6 to 8 minutes, or until meat is completely cooked through.
- ☐
- Remove the chicken from the heat and stir in pesto sauce. Gently stir in the potatoes and green beans, taking care not to break up vegetables.
- ☐
- Serve salad warm or at room temperature on a bed of salad greens, if desired. If making ahead, chill overnight.

## Nutrition Facts



## Properties

Glycemic Index:16.34, Glycemic Load:17.23, Inflammation Score:-7, Nutrition Score:17.970869326073%

## Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

## Nutrients (% of daily need)

Calories: 311.96kcal (15.6%), Fat: 12.78g (19.66%), Saturated Fat: 2.27g (14.19%), Carbohydrates: 26.79g (8.93%), Net Carbohydrates: 23.41g (8.51%), Sugar: 3.3g (3.66%), Cholesterol: 56.29mg (18.76%), Sodium: 329.05mg (14.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.82g (45.65%), Vitamin B6: 1.12mg (56.01%), Vitamin B3: 10.54mg (52.71%), Selenium: 28.07µg (40.1%), Phosphorus: 268.37mg (26.84%), Potassium: 933mg (26.66%), Vitamin K: 27.65µg (26.33%), Vitamin C: 17.88mg (21.67%), Vitamin A: 1056.99IU (21.14%), Vitamin B5: 1.7mg (16.99%), Manganese: 0.34mg (16.77%), Magnesium: 64.02mg (16%), Fiber: 3.38g (13.51%), Vitamin B1: 0.2mg (13.23%), Iron: 2.11mg (11.74%), Vitamin B2: 0.19mg (11.11%), Folate: 43.54µg (10.88%), Copper: 0.19mg (9.32%), Calcium: 79.37mg (7.94%), Zinc: 0.99mg (6.6%), Vitamin E: 0.66mg (4.38%), Vitamin B12: 0.17µg (2.83%)