



Chicken and Potato Salad with Herbs



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



10

CALORIES



129 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon basil chopped
- ☐ 2 cups celery sliced
- ☐ 1 tablespoon optional: dill chopped
- ☐ 1 cup green onions sliced
- ☐ 1 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon
- ☐ 1 tablespoon mint leaves chopped
- ☐ 0.3 cup olive oil

- ☐ 1 pound red-skinned new potatoes halved
- ☐ 0.3 cup citrus champagne vinegar
- ☐ 2 boned

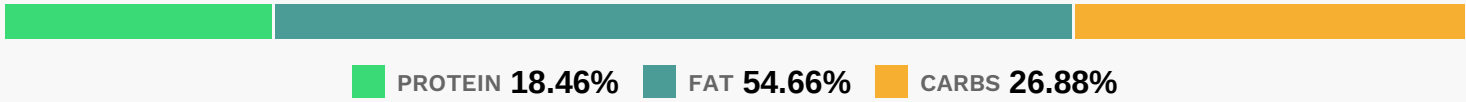
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Heat an 8-qt. pot of salted water over medium heat. Put chicken and potatoes in to poach when barely simmering. Continue to simmer until chicken is cooked through and potatoes are tender when pierced, about 15 minutes.
- ☐ Drain, then shred chicken.
- ☐ Meanwhile, mix remaining ingredients in a large bowl.
- ☐ Add chicken and potatoes, tossing to combine.

Nutrition Facts



Properties

Glycemic Index:14.9, Glycemic Load:0.24, Inflammation Score:-3, Nutrition Score:7.0113043124261%

Flavonoids

Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 129.45kcal (6.47%), Fat: 7.91g (12.17%), Saturated Fat: 1.15g (7.2%), Carbohydrates: 8.75g (2.92%), Net Carbohydrates: 7.35g (2.67%), Sugar: 1.13g (1.25%), Cholesterol: 14.46mg (4.82%), Sodium: 285.67mg (12.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.01g (12.03%), Vitamin K: 33.14µg (31.57%), Vitamin B3: 3.01mg

(15.04%), Vitamin B6: 0.27mg (13.46%), Selenium: 7.6µg (10.86%), Potassium: 378.63mg (10.82%), Vitamin C: 7.53mg (9.12%), Phosphorus: 84.94mg (8.49%), Vitamin E: 1.2mg (7.98%), Folate: 23.81µg (5.95%), Manganese: 0.12mg (5.86%), Fiber: 1.4g (5.61%), Magnesium: 21.04mg (5.26%), Vitamin B5: 0.51mg (5.1%), Vitamin A: 235.32IU (4.71%), Copper: 0.09mg (4.3%), Vitamin B1: 0.06mg (4.12%), Iron: 0.72mg (3.98%), Vitamin B2: 0.06mg (3.41%), Zinc: 0.36mg (2.38%), Calcium: 23.38mg (2.34%)