



Chicken-and-Rice Salad with Pesto Yogurt Dressing

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



577 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon fresh-ground pepper black
- ☐ 0.5 cup pesto homemade store-bought
- ☐ 0.8 cup yogurt plain
- ☐ 1.5 cups rice long-grain
- ☐ 3 cups roasted chicken skinless 1 pound meat
- ☐ 0.5 teaspoon salt

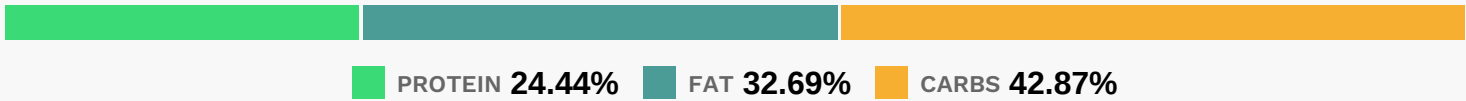
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ Bring a medium pot of boiling, salted water to a boil. Stir in the rice and boil until just done, 10 to 12 minutes.
- ☐ Drain. Rinse with cold water and drain thoroughly.
- ☐ In a large serving bowl, whisk together the yogurt, pesto, salt, and pepper.
- ☐ Add the chicken and the rice and toss to combine.
- ☐ Serve With: Pesto
- ☐ Wine Recommendation: Both the dominant herbal flavor of the pesto and the yogurt's acidic tang suggest a sauvignon-blanc-based wine. Once again, look to the Loire, sauvignon's ancestral home, for an herbal, gassy, citrusy Sancerre or Pouilly-Fum.

Nutrition Facts



Properties

Glycemic Index:28.05, Glycemic Load:33.81, Inflammation Score:-5, Nutrition Score:15.308260788088%

Nutrients (% of daily need)

Calories: 576.87kcal (28.84%), Fat: 20.39g (31.36%), Saturated Fat: 4.97g (31.09%), Carbohydrates: 60.17g (20.06%), Net Carbohydrates: 58.74g (21.36%), Sugar: 3.22g (3.57%), Cholesterol: 87.2mg (29.07%), Sodium: 683.91mg (29.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.3g (68.6%), Selenium: 37.32µg (53.32%), Vitamin B3: 9.42mg (47.1%), Manganese: 0.79mg (39.56%), Phosphorus: 325.22mg (32.52%), Vitamin B6: 0.56mg (27.97%), Vitamin B5: 1.9mg (19.05%), Zinc: 2.63mg (17.5%), Vitamin B2: 0.25mg (14.93%), Vitamin A: 714.17IU (14.28%), Calcium: 138.25mg (13.83%), Iron: 2.04mg (11.35%), Magnesium: 45.13mg (11.28%), Potassium: 393.16mg (11.23%), Copper: 0.22mg (10.92%), Vitamin B1: 0.13mg (8.47%), Vitamin B12: 0.47µg (7.91%), Fiber: 1.43g (5.72%), Folate: 14.04µg (3.51%)