



Chicken and Rice Salad with Pine Nuts and Lemon



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



697 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 tablespoons flat-leaf parsley minced
- ☐ 0.3 cup golden raisins
- ☐ 4 servings fresh-ground pepper black
- ☐ 0.3 cup juice of lemon from 2 lemons
- ☐ 1.5 teaspoons lemon zest grated
- ☐ 0.5 cup olive oil
- ☐ 1.5 cups peas frozen

- ☐ 0.3 cup pinenuts
- ☐ 2 cups rice long-grain
- ☐ 4 servings salt
- ☐ 6 scallions including tops green chopped
- ☐ 1.3 pounds chicken breasts boneless skinless 4

Equipment

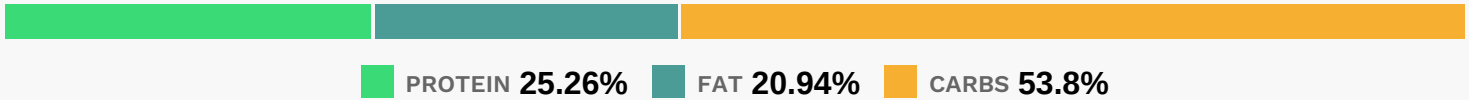
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ slotted spoon

Directions

- ☐ In a small frying pan, toast the pine nuts over moderately low heat, stirring frequently, until they are golden brown, about 5 minutes. Or toast the pine nuts in a 350 oven for about 8 minutes.
- ☐ In a small glass or stainless-steel bowl, whisk together the lemon juice, 1 teaspoon salt, and 1/4 teaspoon pepper.
- ☐ Add the oil slowly, whisking.
- ☐ Bring a large pot of salted water to a boil.
- ☐ Add the peas; cook until just barely tender, about 3 minutes. Using a slotted spoon or a strainer, transfer to a large bowl.
- ☐ Add the rice to the water and cook until tender, about 15 minutes.
- ☐ Drain, return to the pot, and cover to keep warm.
- ☐ Meanwhile, in a large frying pan, bring 1/4 inch of water to a simmer over moderately high heat.
- ☐ Sprinkle the chicken with salt and pepper and add to the pan. Cover, reduce the heat, and simmer, turning once, until cooked through, about 12 minutes.

- ☐
- Remove the chicken, let cool slightly, and then cut into approximately 1/2-inch chunks.
- ☐
- Add the pine nuts, rice, chicken, raisins, scallions, parsley, lemon zest, and dressing to the large bowl and stir gently to mix.
- ☐
- Wine Recommendation: The ingredients may call to mind the Mediterranean, but this salad will really sing with a dry riesling from Alsace in northern France. The wine's cleansing acidity and delicate taste of citrus and peach will both mirror and contrast the flavors and textures here perfectly.

Nutrition Facts



Properties

Glycemic Index:64.55, Glycemic Load:50.8, Inflammation Score:-8, Nutrition Score:36.609999584115%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 6.49mg, Apigenin: 6.49mg, Apigenin: 6.49mg, Apigenin: 6.49mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

Nutrients (% of daily need)

Calories: 696.72kcal (34.84%), Fat: 16.06g (24.7%), Saturated Fat: 2.25g (14.08%), Carbohydrates: 92.84g (30.95%), Net Carbohydrates: 87.15g (31.69%), Sugar: 9.72g (10.8%), Cholesterol: 96.77mg (32.26%), Sodium: 382.66mg (16.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.6g (87.2%), Manganese: 2.07mg (103.56%), Vitamin K: 108.62µg (103.45%), Vitamin B3: 19.01mg (95.06%), Selenium: 63.59µg (90.84%), Vitamin B6: 1.44mg (71.78%), Phosphorus: 551.42mg (55.14%), Vitamin C: 38.17mg (46.26%), Vitamin B5: 3.24mg (32.37%), Potassium: 1001.09mg (28.6%), Magnesium: 111.03mg (27.76%), Copper: 0.51mg (25.42%), Vitamin B1: 0.35mg (23.62%), Fiber: 5.69g (22.78%), Zinc: 3.25mg (21.64%), Vitamin B2: 0.33mg (19.13%), Iron: 3.24mg (18%), Vitamin A: 897.79IU (17.96%), Folate: 71.18µg (17.79%), Vitamin E: 2.18mg (14.55%), Calcium: 72.84mg (7.28%), Vitamin B12: 0.3µg (5.04%), Vitamin D: 0.15µg (1.01%)