



WHATSheATE



Chicken and Watercress Salad with Almonds and Feta

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



378 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup almonds toasted sliced
- ☐ 4 apricots pitted cut into wedges
- ☐ 2 chicken breast halves fully cooked
- ☐ 0.8 cup feta cheese crumbled
- ☐ 3 tablespoons grapeseed oil
- ☐ 1 large shallots chopped
- ☐ 3 large bunches watercress thick trimmed

☐ 0.3 cup balsamic vinegar white

Equipment

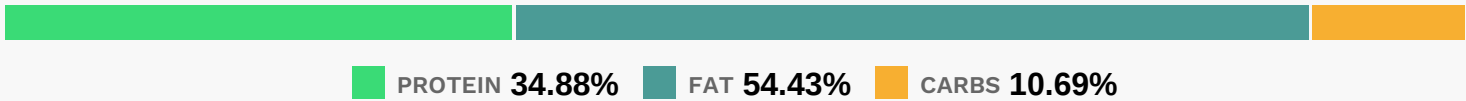
☐ bowl

☐ whisk

Directions

- ☐ Combine vinegar and shallot in medium bowl.
- ☐ Whisk in both oils. Season dressing to taste with salt and pepper.
- ☐ Place watercress, chicken, cheese, and apricots in large bowl.
- ☐ Add dressing; toss. Divide salad among 4 plates.
- ☐ Sprinkle each with almonds.
- ☐ Calories 385, Total fat 31g (7g saturated), Cholesterol 67 mg, Sodium 357 mg, Carbohydrate 7g, Fiber 2g, Protein 20g
- ☐ Nutrition Data
- ☐ See Nutrition Data's complete analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:61.17, Glycemic Load:3.29, Inflammation Score:-7, Nutrition Score:16.729130501332%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 1.36mg, Catechin: 1.36mg, Catechin: 1.36mg, Catechin: 1.36mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 1.69mg, Epicatechin: 1.69mg, Epicatechin: 1.69mg, Epicatechin: 1.69mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 377.95kcal (18.9%), Fat: 22.63g (34.82%), Saturated Fat: 5.85g (36.54%), Carbohydrates: 9.99g (3.33%), Net Carbohydrates: 8.37g (3.04%), Sugar: 6.36g (7.07%), Cholesterol: 98.13mg (32.71%), Sodium: 389.4mg (16.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.63g (65.26%), Vitamin B3: 12.5mg (62.52%), Selenium: 28.31µg (40.44%), Vitamin B6: 0.68mg (34.23%), Vitamin E: 5.1mg (34%), Phosphorus: 333.8mg (33.38%), Vitamin B2: 0.42mg (24.54%), Calcium: 179.09mg (17.91%), Vitamin A: 835.09IU (16.7%), Magnesium: 52.69mg (13.17%), Zinc: 1.96mg (13.05%), Vitamin B12: 0.77µg (12.8%), Vitamin B5: 1.23mg (12.33%), Potassium: 411.6mg (11.76%), Manganese: 0.22mg (11.09%), Iron: 1.62mg (8.99%), Vitamin B1: 0.13mg (8.68%), Copper: 0.15mg (7.39%), Fiber: 1.62g (6.49%), Vitamin C: 4.32mg (5.24%), Folate: 20.31µg (5.08%), Vitamin K: 3.84µg (3.66%), Vitamin D: 0.2µg (1.32%)