



Chicken, Corn, and Tomato Salad

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



224 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 teaspoon bottled garlic minced
- ☐ 1 cup cherry tomatoes halved
- ☐ 2 cups chicken breast cooked chopped (such as Purdue Short Cuts)
- ☐ 0.5 teaspoon dijon mustard
- ☐ 1.5 cups corn kernels fresh (3 ears)
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 0.5 cup green onions sliced
- ☐ 2 teaspoons juice of lemon

- ☐ 1.5 tablespoons olive oil
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.3 teaspoon salt

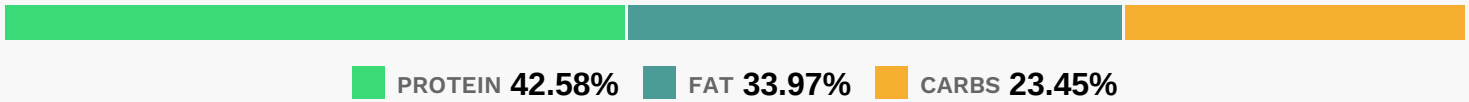
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add corn kernels; saut 3 minutes or until tender.
- ☐ Remove corn from heat.
- ☐ Place the corn in a large bowl. Stir in chicken, cherry tomatoes, and green onions; set aside.
- ☐ Combine vinegar and the remaining ingredients in a small bowl, stirring mixture with a whisk.
- ☐ Drizzle the vinegar mixture over chicken mixture, tossing gently to coat.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:0.33, Inflammation Score:-7, Nutrition Score:13.471304446459%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 224.1kcal (11.21%), Fat: 8.59g (13.21%), Saturated Fat: 1.62g (10.15%), Carbohydrates: 13.34g (4.45%), Net Carbohydrates: 11.54g (4.2%), Sugar: 4.71g (5.23%), Cholesterol: 59.5mg (19.83%), Sodium: 219.26mg (9.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.22g (48.44%), Vitamin B3: 10.85mg (54.24%), Vitamin K: 30.48µg (29.03%), Selenium: 20.3µg (29%), Vitamin B6: 0.53mg (26.32%), Phosphorus: 226.97mg (22.7%), Vitamin C: 16.74mg (20.29%), Potassium: 456.3mg (13.04%), Magnesium: 48.14mg (12.03%), Vitamin B5: 1.14mg (11.37%), Vitamin B1: 0.16mg (10.54%), Folate: 39.29µg (9.82%), Manganese: 0.2mg (9.79%), Iron: 1.63mg (9.08%), Vitamin A: 447.62IU (8.95%), Vitamin E: 1.27mg (8.45%), Vitamin B2: 0.13mg (7.79%), Zinc: 1.08mg (7.22%), Fiber: 1.8g (7.22%), Copper: 0.11mg (5.51%), Vitamin B12: 0.24µg (3.97%), Calcium: 30.11mg (3.01%)