



Chicken-Cress Salad

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



16

CALORIES



65 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon dijon mustard
- 1 tablespoon thyme leaves dried fresh (or 2 teaspoons thyme)
- 0.3 teaspoon fresh-ground pepper
- 3 tablespoons mayonnaise
- 16 servings salt
- 2 tablespoons shallots chopped
- 3 cups meat from a rotisserie chicken shredded cold cooked
- 0.8 cup watercress italian chopped

2 tablespoons citrus champagne vinegar

Equipment

bowl

whisk

Directions

In a bowl, whisk together 3 tablespoons mayonnaise, 2 tablespoons white wine vinegar, 1 tablespoon Dijon mustard, 1 tablespoon fresh thyme leaves (or 2 teaspoons dried thyme), and 1/4 teaspoon fresh-ground pepper.

Add 3 cups shredded cold cooked chicken, 3/4 cup chopped watercress or Italian parsley, and 2 tablespoons chopped shallots. Stir in salt to taste.

Serve with toasted baguette slices.

Nutrition Facts

PROTEIN 42.78% **FAT 53.53%** **CARBS 3.69%**

Properties

Glycemic Index:13.81, Glycemic Load:0.11, Inflammation Score:-6, Nutrition Score:5.0913044178615%

Flavonoids

Apigenin: 6.07mg, Apigenin: 6.07mg, Apigenin: 6.07mg, Apigenin: 6.07mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 65.05kcal (3.25%), Fat: 3.77g (5.8%), Saturated Fat: 0.79g (4.94%), Carbohydrates: 0.58g (0.19%), Net Carbohydrates: 0.34g (0.12%), Sugar: 0.15g (0.17%), Cholesterol: 20.79mg (6.93%), Sodium: 242.38mg (10.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.77g (13.55%), Vitamin K: 50.48µg (48.08%), Vitamin B3: 2.12mg (10.61%), Selenium: 6.86µg (9.79%), Vitamin B6: 0.12mg (5.85%), Vitamin C: 4.55mg (5.52%), Phosphorus: 55.01mg (5.5%), Vitamin A: 271.07IU (5.42%), Iron: 0.62mg (3.43%), Zinc: 0.45mg (3.02%), Vitamin B5: 0.28mg (2.8%), Vitamin B2: 0.04mg (2.64%), Potassium: 85.65mg (2.45%), Magnesium: 8.49mg (2.12%), Folate: 6.41µg (1.6%), Manganese: 0.03mg (1.48%), Vitamin B1: 0.02mg (1.45%), Vitamin B12: 0.08µg (1.32%), Copper: 0.02mg (1.23%), Calcium: 10.44mg (1.04%)