



Chicken Nicoise Salad

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



10 min.

SERVINGS



4

CALORIES



350 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 heads boston lettuce separated
- 12 oz oscar mayer carving board flame grilled chicken breast strips
- 2 cups green beans steamed
- 2 hard-cooked eggs cut into wedges
- 0.5 cup lite house dressing italian kraft
- 2 cups new potatoes cubed cooked
- 0.8 lb tomatoes cut into wedges

Equipment

bowl

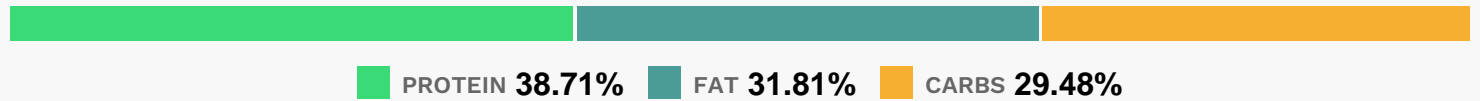
Directions

Place lettuce in large serving bowl; top decoratively with chicken, eggs, beans, potatoes and tomatoes.

Refrigerate until ready to serve.

Add dressing; toss to coat.

Nutrition Facts



Properties

Glycemic Index:41.94, Glycemic Load:11.54, Inflammation Score:-10, Nutrition Score:29.835217413695%

Flavonoids

Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 4.74mg, Quercetin: 4.74mg, Quercetin: 4.74mg, Quercetin: 4.74mg

Nutrients (% of daily need)

Calories: 350.28kcal (17.51%), Fat: 12.42g (19.12%), Saturated Fat: 2.64g (16.48%), Carbohydrates: 25.9g (8.63%), Net Carbohydrates: 20.84g (7.58%), Sugar: 8.83g (9.81%), Cholesterol: 165.54mg (55.18%), Sodium: 401.76mg (17.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.02g (68.04%), Vitamin K: 131.95µg (125.67%), Vitamin A: 3947.17IU (78.94%), Vitamin B3: 13.71mg (68.53%), Vitamin B6: 0.99mg (49.65%), Selenium: 32.8µg (46.86%), Vitamin C: 36.27mg (43.96%), Phosphorus: 352.27mg (35.23%), Potassium: 1101.23mg (31.46%), Folate: 116.8µg (29.2%), Manganese: 0.51mg (25.32%), Vitamin B2: 0.37mg (21.95%), Iron: 3.65mg (20.28%), Fiber: 5.05g (20.21%), Magnesium: 79.58mg (19.9%), Vitamin B1: 0.26mg (17.66%), Vitamin B5: 1.71mg (17.14%), Vitamin E: 1.97mg (13.13%), Zinc: 1.79mg (11.94%), Copper: 0.23mg (11.63%), Calcium: 95.46mg (9.55%), Vitamin B12: 0.57µg (9.44%), Vitamin D: 0.63µg (4.23%)