



Chicken Potato Salad



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



273 kcal

SIDE DISH

Ingredients

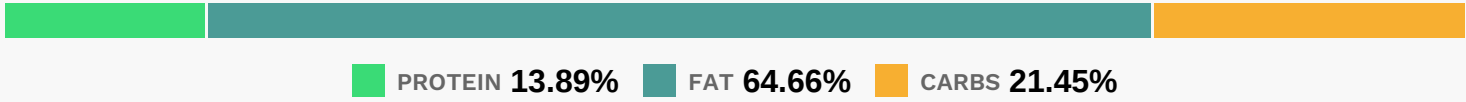
- ☐ 2 chicken breast halves boneless cooked
- ☐ 1.3 cups pickled cucumbers
- ☐ 2 hard-cooked eggs
- ☐ 0.7 cup mayonnaise
- ☐ 2 tablespoons olive oil
- ☐ 3 potatoes cooked
- ☐ 0.3 teaspoon salt

Equipment

Directions

- ☐ Chop the chicken, eggs, potatoes and pickled cucumbers into very small pieces.
- ☐ Mix all together.
- ☐ Add the salt and mayonnaise, then the olive oil. Toss to coat. Refrigerate for 2 to 3 hours before serving.

Nutrition Facts



Properties

Glycemic Index:18.59, Glycemic Load:10.31, Inflammation Score:-3, Nutrition Score:9.9504347469496%

Flavonoids

Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 273.45kcal (13.67%), Fat: 19.63g (30.19%), Saturated Fat: 3.26g (20.37%), Carbohydrates: 14.65g (4.88%), Net Carbohydrates: 12.75g (4.64%), Sugar: 1.16g (1.28%), Cholesterol: 72.54mg (24.18%), Sodium: 244.75mg (10.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.49g (18.97%), Vitamin K: 35.64µg (33.94%), Vitamin B6: 0.47mg (23.72%), Vitamin C: 16.74mg (20.29%), Selenium: 13.58µg (19.4%), Vitamin B3: 3.8mg (19.02%), Potassium: 488.59mg (13.96%), Phosphorus: 134.64mg (13.46%), Vitamin B5: 0.9mg (8.96%), Vitamin E: 1.31mg (8.75%), Fiber: 1.9g (7.61%), Vitamin B2: 0.13mg (7.45%), Magnesium: 29.65mg (7.41%), Manganese: 0.15mg (7.32%), Vitamin B1: 0.1mg (6.57%), Folate: 23.25µg (5.81%), Copper: 0.11mg (5.69%), Iron: 0.98mg (5.45%), Zinc: 0.59mg (3.94%), Vitamin B12: 0.22µg (3.63%), Vitamin D: 0.34µg (2.27%), Calcium: 21.73mg (2.17%), Vitamin A: 102.17IU (2.04%)