



Chicken, Red Potato, and Green Bean Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



244 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 8 ounces roasted chicken cubed cooked
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 0.3 cup parsley fresh coarsely chopped
- ☐ 1 garlic clove minced
- ☐ 0.5 pound green beans
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 tablespoons onion red chopped

- ☐ 1 pound potatoes – remove skin red
- ☐ 3 tablespoons red wine vinegar
- ☐ 10 ounce the salad (6 cups)
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon dijon mustard

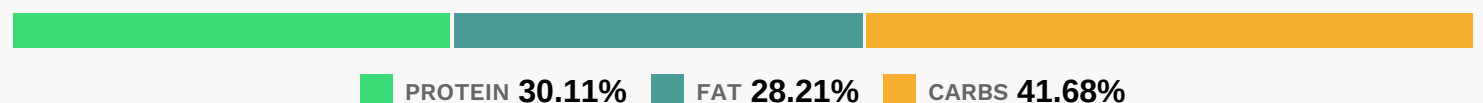
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ To prepare dressing, combine first 8 ingredients, stirring well with a whisk.
- ☐ To prepare salad, place potatoes in a saucepan; cover with water.
- ☐ Add 1 teaspoon salt to pan; bring to a boil. Reduce heat, and simmer 10 minutes or until almost tender.
- ☐ Add beans, and cook an additional 4 minutes or until beans are crisp-tender.
- ☐ Drain. Rinse with cold water; drain well.
- ☐ Quarter potatoes.
- ☐ Place the potatoes, beans, chicken, onion, and greens in a large bowl.
- ☐ Drizzle with dressing; toss gently to coat.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:49.75, Glycemic Load:1.36, Inflammation Score:-9, Nutrition Score:21.292608686115%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg

Nutrients (% of daily need)

Calories: 244.4kcal (12.22%), Fat: 7.78g (11.97%), Saturated Fat: 1.61g (10.04%), Carbohydrates: 25.86g (8.62%), Net Carbohydrates: 21.94g (7.98%), Sugar: 3.72g (4.14%), Cholesterol: 42.52mg (14.17%), Sodium: 1002.23mg (43.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.69g (37.38%), Vitamin K: 112.07µg (106.73%), Vitamin C: 41.89mg (50.77%), Vitamin B3: 6.68mg (33.4%), Vitamin A: 1652.47IU (33.05%), Vitamin B6: 0.59mg (29.32%), Potassium: 941.1mg (26.89%), Phosphorus: 238.17mg (23.82%), Selenium: 16.56µg (23.66%), Manganese: 0.46mg (23.13%), Folate: 77.79µg (19.45%), Iron: 3.03mg (16.83%), Magnesium: 64.72mg (16.18%), Fiber: 3.93g (15.71%), Vitamin B1: 0.21mg (14.07%), Copper: 0.28mg (13.87%), Vitamin B2: 0.22mg (13.13%), Vitamin B5: 1.13mg (11.29%), Zinc: 1.62mg (10.83%), Calcium: 62.13mg (6.21%), Vitamin E: 0.81mg (5.38%), Vitamin B12: 0.16µg (2.74%)