

 **52%**
HEALTH SCORE

Chicken Salad and Cranberry Brie Toast

READY IN

**75 min.**

SERVINGS

**4**

CALORIES

**1637 kcal**

Ingredients

- 3 bay leaves
- 4 servings pepper black freshly ground
- 0.5 pound round of président brie
- 2 carrots cut in 2-inch pieces
- 2 small celery stalks diced
- 3 celery stalks cut in 2-inch pieces
- 2 cups chicken meat shredded roughly chopped
- 1 tablespoon dijon mustard
- 1 head garlic halved
- 1 apples green thinly sliced

- 0.5 juice of lemon juiced
- 4 servings kosher salt
- 1 cup mayonnaise
- 2 tablespoons olive oil extra-virgin
- 1 onion halved
- 2 tablespoons freshly parsley leaves plus sprigs chopped for garnish
- 10 peppercorns
- 2 rosemary sprigs fresh
- 8 slices sourdough bread
- 4 thyme sprigs fresh
- 2 turnips halved
- 4 tablespoons butter unsalted room temperature
- 0.5 cup walnuts roughly chopped
- 1 gallon water
- 2 pound meat from a rotisserie chicken whole
- 0.3 cup cranberry sauce

Equipment

- frying pan
- oven
- mixing bowl
- pot

Directions

- Begin by poaching the chicken.
- Put the chicken in a large stockpot and cover with 1 gallon of cool water.
- Add the vegetables and herbs and bring the pot up to a boil over medium-high heat. Skim well; then simmer, uncovered, for 45 minutes, skimming frequently as the oil rises to the surface. When done, remove to a platter and set aside to cool. Strain the liquid and reserve it

for use as chicken stock. Shred the chicken meat and discard the skin and bones.;

- Preheat oven to 325 degrees F.
- Roughly chop the walnuts and then gently toast in a dry skillet over medium heat until they brown and are slightly fragrant. Season walnuts with salt once they are finished toasting.
- Add the walnuts, mayonnaise, mustard, lemon juice, celery, parsley, olive oil, and salt and pepper, to taste, in a large mixing bowl and combine. Fold in the shredded chicken and set aside while you prepare the bread.
- Toast the bread in a hot oven until golden. Smear each piece with a little butter and then a tablespoon of cranberry sauce over 4 of the pieces.
- Lay the 4 cranberry-smearred pieces out on a sheet tray and top each piece with 2 to 3 slices of thick-cut brie. Pop this back in the oven for a minute or 2 so the cheese is slightly melted and creamy.
- Remove from the oven and top with a few slices of green apple. Top with a scoop of the chicken salad and cover with the other half of the bread to complete the sandwich.
- Serve.

Nutrition Facts

PROTEIN 16.63% **FAT 60.18%** **CARBS 23.19%**

Properties

Glycemic Index:155.83, Glycemic Load:57.7, Inflammation Score:-10, Nutrition Score:52.826521749082%

Flavonoids

Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg 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: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 4.49mg, Apigenin: 4.49mg, Apigenin: 4.49mg, Apigenin: 4.49mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.9mg, Myricetin: 0.9mg, Myricetin: 0.9mg, Myricetin: 0.9mg Quercetin: 8.05mg, Quercetin: 8.05mg, Quercetin: 8.05mg, Quercetin: 8.05mg

Nutrients (% of daily need)

Calories: 1637.01kcal (81.85%), Fat: 110.14g (169.45%), Saturated Fat: 32.2g (201.23%), Carbohydrates: 95.46g (31.82%), Net Carbohydrates: 87.17g (31.7%), Sugar: 22.41g (24.9%), Cholesterol: 244.47mg (81.49%), Sodium: 1966.83mg (85.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 68.49g (136.98%), Vitamin K: 141.16µg (134.44%), Vitamin A: 6296.88IU (125.94%), Selenium: 82.85µg (118.36%), Vitamin B3: 20.25mg (101.27%), Manganese: 1.63mg (81.42%), Vitamin B1: 1.21mg (80.45%), Vitamin B2: 1.19mg (70.19%), Phosphorus: 661.42mg (66.14%), Vitamin B6: 1.28mg (63.84%), Folate: 250.84µg (62.71%), Iron: 8.75mg (48.61%), Zinc: 6.29mg (41.91%), Copper: 0.83mg (41.43%), Magnesium: 146mg (36.5%), Vitamin C: 29.05mg (35.22%), Fiber: 8.28g (33.14%), Calcium: 307.79mg (30.78%), Vitamin B5: 3.04mg (30.43%), Potassium: 1065.12mg (30.43%), Vitamin E: 4.53mg (30.2%), Vitamin B12: 1.57µg (26.12%), Vitamin D: 0.82µg (5.49%)