



## Chicken Salad Contessa

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



1176 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 chicken breasts whole split bone in , skin on
- 1 tablespoon tarragon leaves fresh divided chopped
- 1 cup grapes green cut in 1/2
- 2 servings kosher salt and pepper black freshly ground
- 2 servings lettuce leaves for serving
- 0.5 cup mayonnaise good
- 2 servings olive oil good
- 0.5 cup pecan halves

0.5 cup cup heavy whipping cream sour

0.5 cup walnuts halves

## Equipment

bowl

frying pan

baking sheet

oven

## Directions

Watch how to make this recipe.

Preheat the oven to 350 degrees F.

Place the chicken breasts, skin side up, on a baking sheet and rub them with olive oil.

Sprinkle generously with salt and pepper. Roast for 35 to 40 minutes, until the chicken is cooked through. Set aside until cool.

When the chicken is cool, remove meat from the bones and discard the skin and bones.

Cut the chicken into a 3/4-inch dice.

Meanwhile, place the pecans and walnuts on a separate sheet pan and toast in the oven for 7 to 8 minutes until golden. Set aside to cool.

For the dressing, mix together the mayonnaise, sour cream, 2 teaspoons salt and 1/2 teaspoon pepper. Fold in half the chopped tarragon leaves.

Place the diced chicken in a bowl, add the pecans, walnuts and grapes.

Pour the dressing over the chicken and toss well.

Sprinkle the remaining chopped tarragon leaves on top, and serve on a bed of lettuce leaves.

## Nutrition Facts

**PROTEIN 11.33%** **FAT 79.85%** **CARBS 8.82%**

## Properties

Glycemic Index:114, Glycemic Load:7.71, Inflammation Score:-9, Nutrition Score:35.907391361568%

## Flavonoids

Cyanidin: 3.45mg, Cyanidin: 3.45mg, Cyanidin: 3.45mg, Cyanidin: 3.45mg Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

## Nutrients (% of daily need)

Calories: 1175.82kcal (58.79%), Fat: 107.24g (164.98%), Saturated Fat: 18.36g (114.77%), Carbohydrates: 26.64g (8.88%), Net Carbohydrates: 21.1g (7.67%), Sugar: 15.97g (17.74%), Cholesterol: 129.76mg (43.26%), Sodium: 515.79mg (22.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.24g (68.47%), Manganese: 2.56mg (127.84%), Vitamin K: 113.64µg (108.23%), Vitamin B3: 13.01mg (65.04%), Vitamin B6: 1.26mg (62.85%), Selenium: 42.33µg (60.47%), Phosphorus: 495.7mg (49.57%), Vitamin A: 2422.57IU (48.45%), Copper: 0.93mg (46.72%), Vitamin E: 5.05mg (33.69%), Magnesium: 132.57mg (33.14%), Potassium: 1029.58mg (29.42%), Vitamin B1: 0.44mg (29.17%), Vitamin B2: 0.42mg (24.72%), Vitamin B5: 2.32mg (23.19%), Fiber: 5.54g (22.16%), Zinc: 3.19mg (21.28%), Iron: 3.76mg (20.89%), Calcium: 170.83mg (17.08%), Folate: 65.12µg (16.28%), Vitamin C: 11.01mg (13.35%), Vitamin B12: 0.41µg (6.9%), Vitamin D: 0.22µg (1.5%)