



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

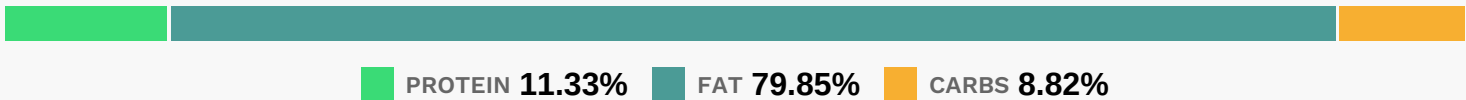
Equipment

- ☐ 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



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: Og (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%)