



Chicken Salad in Radicchio Cups



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



567 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 medium carrots shredded
- ☐ 2 teaspoons dijon mustard
- ☐ 1 tablespoon tarragon fresh roughly chopped
- ☐ 6 servings salt and pepper
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 2 heads radicchio thinly separated
- ☐ 3.5 pound rotisserie chicken cut
- ☐ 6 spring onion light white green thinly sliced (and parts)

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3 tablespoons citrus champagne vinegar

Equipment

☐

bowl

☐

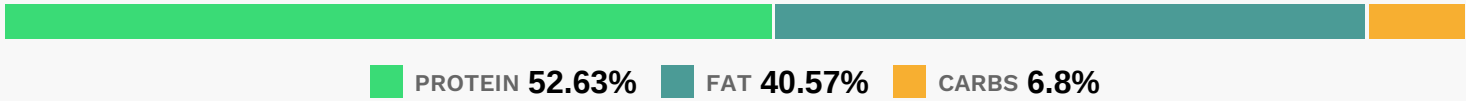
whisk

Directions

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Using a fork or your fingers, shred the chicken meat, discarding the skin and bones. In a large bowl, combine the chicken, carrots, scallions, tarragon, 1/2 teaspoon salt, and 1/4 teaspoon pepper. In a small bowl, whisk together the mustard, vinegar, 1/4 teaspoon salt, and 1/4 teaspoon pepper. Slowly add the oil in a steady stream, whisking constantly until emulsified. Divide the radicchio leaves among individual plates, spoon the chicken salad over the top, and drizzle with the vinaigrette.Substitution: If you find radicchio too peppery, spoon the salad into Boston or Bibb lettuce leaves. Or serve it in endive leaves, as fork-free hors d'oeuvres.

Nutrition Facts



Properties

Glycemic Index:30.14, Glycemic Load:1.83, Inflammation Score:-10, Nutrition Score:15.938695700272%

Flavonoids

Cyanidin: 118.52mg, Cyanidin: 118.52mg, Cyanidin: 118.52mg, Cyanidin: 118.52mg Delphinidin: 7.17mg, Delphinidin: 7.17mg, Delphinidin: 7.17mg, Delphinidin: 7.17mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 35.51mg, Luteolin: 35.51mg, Luteolin: 35.51mg, Luteolin: 35.51mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 30.78mg, Quercetin: 30.78mg, Quercetin: 30.78mg, Quercetin: 30.78mg

Nutrients (% of daily need)

Calories: 566.54kcal (28.33%), Fat: 25.71g (39.56%), Saturated Fat: 6.34g (39.61%), Carbohydrates: 9.7g (3.23%), Net Carbohydrates: 7.25g (2.64%), Sugar: 2.84g (3.15%), Cholesterol: 254.01mg (84.67%), Sodium: 1182.18mg (51.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 75.04g (150.07%), Vitamin K: 270.4µg (257.52%), Vitamin A: 6988.8IU (139.78%), Vitamin E: 2.97mg (19.79%), Folate: 74.72µg (18.68%), Copper: 0.36mg (17.83%), Manganese: 0.31mg (15.5%), Vitamin C: 12.75mg (15.45%), Potassium: 485.85mg (13.88%), Fiber: 2.45g (9.79%), Vitamin B6: 0.15mg (7.3%), Iron: 1.29mg (7.17%), Phosphorus: 62.06mg (6.21%), Magnesium: 24.57mg (6.14%),

Calcium: 54.74mg (5.47%), Zinc: 0.78mg (5.21%), Vitamin B2: 0.08mg (4.47%), Vitamin B3: 0.81mg (4.07%), Vitamin B5: 0.38mg (3.76%), Vitamin B1: 0.05mg (3.63%), Selenium: 1.57µg (2.24%)