



Chicken Salad Veronique

 Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



481 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup small-diced celery (2 stalks)
- 2 chicken breasts whole split bone-in
- 1.5 tablespoons tarragon leaves fresh chopped
- 1 cup grapes green cut in 1/2
- 4 servings kosher salt and pepper black freshly ground
- 0.5 cup mayonnaise good
- 4 servings olive oil good

Equipment

- bowl
- frying pan
- oven

Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F.
- Place the chicken breasts, skin side up, on a sheet pan 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 the meat from the bones and discard the skin and bones.
- Cut the chicken into a 3/4-inch dice.
- Place the chicken in a bowl; add the mayonnaise, tarragon leaves, celery, grapes, 1 1/2 to 2 teaspoons salt, and 1 teaspoon pepper and toss well.

Nutrition Facts

PROTEIN 21.04% **FAT 71.38%** **CARBS 7.58%**

Properties

Glycemic Index:57.5, Glycemic Load:3.98, Inflammation Score:-4, Nutrition Score:17.706521837608%

Flavonoids

Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 480.56kcal (24.03%), Fat: 38.17g (58.72%), Saturated Fat: 5.93g (37.07%), Carbohydrates: 9.12g (3.04%), Net Carbohydrates: 8.16g (2.97%), Sugar: 6.35g (7.06%), Cholesterol: 84.08mg (28.03%), Sodium: 331.76mg (14.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.31g (50.63%), Vitamin K: 67.37µg (64.16%), Vitamin B3: 12.17mg (60.87%), Selenium: 37.06µg (52.95%), Vitamin B6: 0.96mg (48.17%), Phosphorus: 265.16mg (26.52%), Vitamin E: 3.29mg (21.93%), Potassium: 642.2mg (18.35%), Vitamin B5: 1.74mg (17.41%), Manganese: 0.29mg (14.68%), Vitamin B2: 0.19mg (11.44%), Magnesium: 44.36mg (11.09%), Iron: 1.6mg (8.88%), Vitamin B1: 0.11mg (7.54%), Vitamin A: 301.18IU (6.02%), Folate: 22.97µg (5.74%), Zinc: 0.86mg (5.73%), Vitamin C: 4.66mg (5.65%),

Copper: 0.11mg (5.59%), Calcium: 52.25mg (5.22%), Vitamin B12: 0.26µg (4.33%), Fiber: 0.96g (3.85%), Vitamin D:
0.17µg (1.13%)