



Chicken Salad with Asparagus and Creamy Dill Dressing



Gluten Free



Dairy Free

READY IN



8 min.

SERVINGS



4

CALORIES



124 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 cups diagonally cut asparagus (2-inch)
- ☐ 8 ounces coarsely chicken breast shredded cooked
- ☐ 4 servings creamy dill dressing
- ☐ 0.5 cup radishes thinly sliced
- ☐ 8 large tomatoes (1 large)

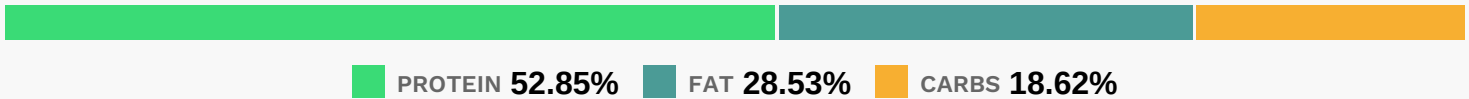
Equipment

- ☐ bowl

Directions

- ☐ Steam asparagus, covered, 3 minutes or until crisp-tender.
- ☐ Drain and plunge asparagus into ice water; drain.
- ☐ Combine asparagus, chicken, radishes, and dressing in a large bowl; toss well. Arrange 2 tomato slices on each of 4 plates; top each serving with 1 cup chicken mixture.
- ☐ Sprinkle with pepper, if desired.

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:1.11, Inflammation Score:-7, Nutrition Score:13.200869435849%

Flavonoids

Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Isorhamnetin: 4.82mg, Isorhamnetin: 4.82mg, Isorhamnetin: 4.82mg, Isorhamnetin: 4.82mg Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol: 1.35mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 12.08mg, Quercetin: 12.08mg, Quercetin: 12.08mg, Quercetin: 12.08mg

Nutrients (% of daily need)

Calories: 123.52kcal (6.18%), Fat: 3.98g (6.13%), Saturated Fat: 1.08g (6.75%), Carbohydrates: 5.85g (1.95%), Net Carbohydrates: 3.21g (1.17%), Sugar: 3.26g (3.63%), Cholesterol: 42.52mg (14.17%), Sodium: 52.62mg (2.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.6g (33.2%), Vitamin K: 39.29µg (37.42%), Vitamin B3: 5.65mg (28.23%), Selenium: 15.96µg (22.8%), Vitamin A: 1114.95IU (22.3%), Vitamin B6: 0.36mg (18.12%), Vitamin C: 14.32mg (17.36%), Phosphorus: 168.34mg (16.83%), Iron: 2.68mg (14.89%), Folate: 58.26µg (14.56%), Potassium: 461.52mg (13.19%), Vitamin B2: 0.22mg (12.8%), Vitamin B1: 0.18mg (11.78%), Copper: 0.23mg (11.49%), Manganese: 0.21mg (10.74%), Fiber: 2.64g (10.56%), Zinc: 1.45mg (9.65%), Vitamin B5: 0.85mg (8.53%), Vitamin E: 1.24mg (8.25%), Magnesium: 31.08mg (7.77%), Calcium: 36.14mg (3.61%), Vitamin B12: 0.16µg (2.74%)