



Chicken Salad with Asparagus and Zucchini



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



182 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups diagonally cut asparagus (1-inch)
- ☐ 0.1 teaspoon peppercorns black freshly ground
- ☐ 8 ounces chicken breast shredded cooked
- ☐ 0.3 cup flat-leaf parsley fresh finely chopped
- ☐ 2 teaspoons sage fresh chopped
- ☐ 0.3 cup green onions thinly sliced
- ☐ 2 tablespoons milk 1% low-fat
- ☐ 0.7 cup cup heavy whipping cream sour low-fat

- ☐ 6 cups salad greens mixed
- ☐ 0.3 cup radishes thinly sliced
- ☐ 0.3 teaspoon salt
- ☐ 1 cup zucchini chopped

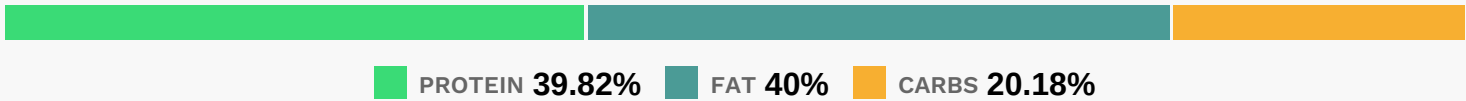
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ To prepare dressing, combine first 4 ingredients, stirring well with a whisk.
- ☐ To prepare salad, steam the asparagus, covered, for 3 minutes or until crisp-tender. Rinse with cold water, and drain.
- ☐ Combine asparagus and next 6 ingredients (asparagus through sage) in a large bowl.
- ☐ Add dressing mixture, tossing gently to coat.
- ☐ Serve over greens.

Nutrition Facts



Properties

Glycemic Index:43.75, Glycemic Load:0.6, Inflammation Score:-9, Nutrition Score:23.004347821941%

Flavonoids

Pelargonidin: 6.1mg, Pelargonidin: 6.1mg, Pelargonidin: 6.1mg, Pelargonidin: 6.1mg Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2.86mg, Isorhamnetin: 2.86mg, Isorhamnetin: 2.86mg, Isorhamnetin: 2.86mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 7.91mg, Quercetin: 7.91mg, Quercetin: 7.91mg, Quercetin: 7.91mg

Nutrients (% of daily need)

Calories: 182.11kcal (9.11%), Fat: 8.21g (12.63%), Saturated Fat: 3.69g (23.08%), Carbohydrates: 9.32g (3.11%), Net Carbohydrates: 7.36g (2.68%), Sugar: 2.54g (2.83%), Cholesterol: 56.32mg (18.77%), Sodium: 249.34mg (10.84%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.39g (36.78%), Copper: 3.23mg (161.53%), Vitamin K: 117.72µg (112.12%), Vitamin C: 31.88mg (38.65%), Vitamin A: 1772.11IU (35.44%), Vitamin B3: 5.59mg (27.95%), Selenium: 16.86µg (24.08%), Phosphorus: 212.85mg (21.28%), Vitamin B6: 0.4mg (20.22%), Folate: 77.01µg (19.25%), Manganese: 0.37mg (18.72%), Vitamin B2: 0.28mg (16.76%), Potassium: 582.24mg (16.64%), Iron: 2.84mg (15.79%), Calcium: 116.2mg (11.62%), Zinc: 1.71mg (11.39%), Vitamin B1: 0.17mg (11.37%), Magnesium: 42.51mg (10.63%), Vitamin B5: 0.89mg (8.94%), Fiber: 1.95g (7.82%), Vitamin B12: 0.37µg (6.19%), Vitamin E: 0.79mg (5.3%), Vitamin D: 0.16µg (1.06%)