



WHATSheATE



HEALTH SCORE

61%

Chicken salad with crisp bacon



Gluten Free



Very Healthy

READY IN



50 min.

SERVINGS



4

CALORIES



1106 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 meat from a rotisserie chicken shredded



6 bacon smoked



1 small onion red halved thinly sliced



2 tbsp olive oil



2 tsp citrus champagne vinegar



100 g watercress



2 heads endive red separated halved



0.8 cucumber halved sliced

- ☐ 200 g greek yogurt
- ☐ 4 tbsp mayonnaise
- ☐ 2 tsp coarse mustard
- ☐ 1 spring onion finely chopped
- ☐ 2 tsp tarragon chopped

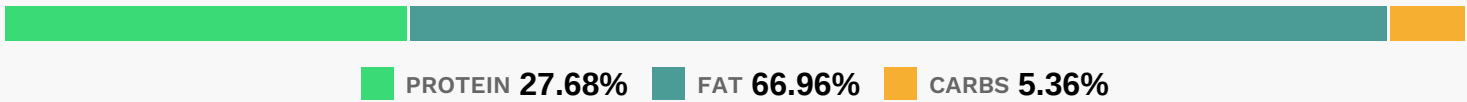
Equipment

- ☐ frying pan

Directions

- ☐ Mix the ingredients for the dressing with a little seasoning. Stir in the chicken and loosen with water if necessary.
- ☐ Slowly cook the bacon in a large frying pan until crisp and the fat has run out.
- ☐ Drain on kitchen paper. Meanwhile, mix the onion with the oil, vinegar and seasoning.
- ☐ Toss the onion with the watercress, chicory and cucumber, then pile onto a platter. Spoon the chicken on top, then break or chop the bacon over the top of that.
- ☐ Serve with crusty bread.

Nutrition Facts



Properties

Glycemic Index:75.75, Glycemic Load:1.34, Inflammation Score:-10, Nutrition Score:50.883043268453%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 28.7mg, Kaempferol: 28.7mg, Kaempferol: 28.7mg, Kaempferol: 28.7mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 13.4mg, Quercetin: 13.4mg, Quercetin: 13.4mg, Quercetin: 13.4mg

Nutrients (% of daily need)

Calories: 1106kcal (55.3%), Fat: 81.65g (125.61%), Saturated Fat: 21.57g (134.84%), Carbohydrates: 14.73g (4.91%), Net Carbohydrates: 6.52g (2.37%), Sugar: 4.37g (4.86%), Cholesterol: 280.58mg (93.53%), Sodium: 648.68mg (28.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 75.94g (151.87%), Vitamin K: 624.38µg (594.64%), Vitamin B3: 25.25mg (126.26%), Vitamin A: 6270.62IU (125.41%), Folate: 363.37µg (90.84%), Selenium: 61.77µg (88.24%), Vitamin B6: 1.45mg (72.58%), Phosphorus: 713.7mg (71.37%), Manganese: 1.24mg (61.76%), Vitamin B5: 5.69mg (56.93%), Potassium: 1712.74mg (48.94%), Vitamin B2: 0.81mg (47.39%), Zinc: 7.06mg (47.05%), Vitamin C: 35.54mg (43.08%), Vitamin B1: 0.54mg (36.32%), Fiber: 8.21g (32.82%), Magnesium: 129.57mg (32.39%), Iron: 5.7mg (31.65%), Calcium: 269.26mg (26.93%), Vitamin B12: 1.57µg (26.12%), Vitamin E: 3.9mg (25.98%), Copper: 0.49mg (24.4%), Vitamin D: 0.83µg (5.52%)