



 **81%**  
HEALTH SCORE

## Chicken Salad with Cucumber, Red Pepper, and Honey-Mustard Dressing

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**369 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups meat from a rotisserie chicken diced cooked
- 1 cucumber peeled halved lengthwise seeded cut into 1/4-inch dice
- 2 teaspoons tarragon fresh chopped
- 0.3 teaspoon fresh-ground pepper black
- 2 teaspoons dijon honey mustard
- 2 tablespoons juice of lime (from 1 lime)
- 1 tablespoon mayonnaise

- 4 quarts salad greens mixed
- 0.5 cup olive oil
- 1 bell pepper red cut into 1/4-inch dice
- 2 tablespoons onion red minced
- 0.5 teaspoon salt

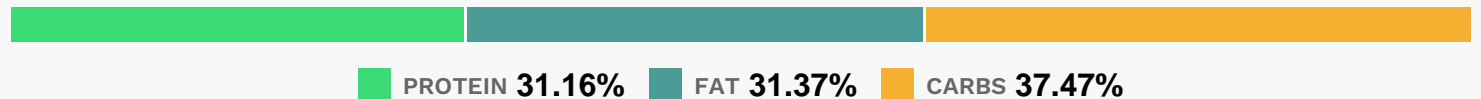
## Equipment

- bowl
- whisk

## Directions

- In a large glass or stainless-steel bowl, whisk together the lime juice, mayonnaise, mustard, salt, and black pepper.
- Add the oil slowly, whisking.
- In a medium glass or stainless-steel bowl, toss the chicken, cucumber, bell pepper, onion, mango, and tarragon with half the dressing. Toss the greens into the remaining dressing.
- Put the greens on plates and top with the chicken salad.
- Wine Recommendation: Very often, ripe rieslings from Germany's warm Pfalz region taste of tropical fruits, including mangoes. This, along with their racy acidity, relatively light body, and low alcohol, makes them delightful sidekicks for cool summer salads.
- Notes: The skin of a ripe mango is yellow and red, and its flesh yields to gentle pressure. If you purchase a mango that is underripe (green and firm), put it in a paper bag and keep it at room temperature to ripen. Once the mango is ripe, you can refrigerate it for a couple of days before using.

## Nutrition Facts



## Properties

Glycemic Index:56.5, Glycemic Load:0.97, Inflammation Score:-10, Nutrition Score:38.793043242363%

## Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

## Nutrients (% of daily need)

Calories: 368.73kcal (18.44%), Fat: 13.62g (20.95%), Saturated Fat: 2.57g (16.04%), Carbohydrates: 36.59g (12.2%), Net Carbohydrates: 35.22g (12.81%), Sugar: 3.14g (3.49%), Cholesterol: 53.97mg (17.99%), Sodium: 627.75mg (27.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.43g (60.87%), Vitamin C: 263.15mg (318.97%), Vitamin A: 11813.55IU (236.27%), Folate: 382.47µg (95.62%), Manganese: 1.6mg (79.78%), Vitamin B6: 1.2mg (60.12%), Potassium: 2001.55mg (57.19%), Vitamin B3: 11.15mg (55.74%), Phosphorus: 533.53mg (53.35%), Iron: 7.49mg (41.64%), Vitamin B2: 0.64mg (37.46%), Magnesium: 136.2mg (34.05%), Selenium: 21.27µg (30.39%), Copper: 0.58mg (29.23%), Vitamin B1: 0.37mg (24.92%), Zinc: 3.31mg (22.09%), Vitamin B5: 2.11mg (21.13%), Calcium: 158.67mg (15.87%), Vitamin K: 16.08µg (15.32%), Vitamin E: 1.4mg (9.36%), Fiber: 1.37g (5.48%), Vitamin B12: 0.21µg (3.45%)