



WHATSheATE



Chicken Salad with Cumin and Parsley



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



386 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups meat from a rotisserie chicken diced cooked
- ☐ 0.5 cup parsley fresh coarsely chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 teaspoon fresh-ground pepper black
- ☐ 2 cups lettuce shredded such as leaf lettuce or romaine
- ☐ 0.5 cup mayonnaise
- ☐ 1.5 tablespoons onion grated
- ☐ 0.3 cup yogurt plain

☐ 0.3 teaspoon salt

Equipment

☐ bowl

☐ whisk

Directions

☐ In a large bowl, whisk together the onion, mayonnaise, yogurt, cumin, salt, and pepper. Stir in the chicken and parsley and toss to combine.

☐ Put the lettuce on plates. Top with the chicken salad.

☐ More Chicken Salads

☐ Yogurt Dill Chicken Salad: In a large bowl, combine 3 cups diced cooked chicken with 1 small minced onion, 2/3 cup plain yogurt, 1 tablespoon mayonnaise, 3 tablespoons chopped dill, 1/4 teaspoon salt, and 1/8 teaspoon black pepper.

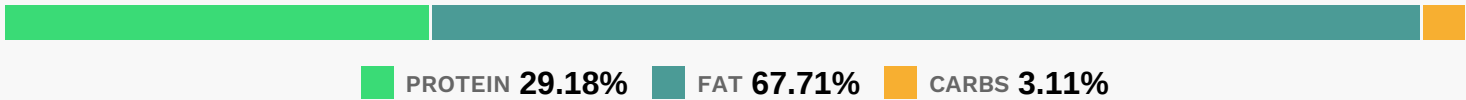
☐ Lemony Fruit-and-Nut Chicken Salad: In a large bowl, combine 3 cups diced cooked chicken with 1 peeled, cored, and diced apple.

☐ Add 2 tablespoons raisins, 1/3 cup chopped toasted walnuts, 1 cup halved red seedless grapes, 1/2 cup mayonnaise, 1/4 cup plain yogurt, 4 teaspoons lemon juice, and 1/8 teaspoon each salt and black pepper.

☐ Really Terrific Good-Ol' American Chicken Salad: In a large bowl, combine 3 cups diced cooked chicken with 1 small minced onion, 2 ribs chopped celery, 3/4 cup mayonnaise, and 1/4 teaspoon each salt and black pepper.

☐ Wine Recommendation: A sauvignon blanc from California, riper and with more melon and fig flavors than those from France, is what you want for a tasty match. A touch of oakiness helps, too. Wines labeled Fum Blanc are more likely to be made in this style than those simply called sauvignon blanc.

Nutrition Facts



Properties

Glycemic Index:49.25, Glycemic Load:0.59, Inflammation Score:-7, Nutrition Score:16.204347826864%

Flavonoids

Apigenin: 16.21mg, Apigenin: 16.21mg, Apigenin: 16.21mg, Apigenin: 16.21mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 385.58kcal (19.28%), Fat: 28.58g (43.96%), Saturated Fat: 5.52g (34.51%), Carbohydrates: 2.96g (0.99%), Net Carbohydrates: 2.16g (0.78%), Sugar: 1.81g (2.01%), Cholesterol: 92.5mg (30.83%), Sodium: 417.33mg (18.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.71g (55.41%), Vitamin K: 177.58µg (169.12%), Vitamin B3: 8.45mg (42.23%), Selenium: 26.89µg (38.42%), Phosphorus: 236.11mg (23.61%), Vitamin B6: 0.47mg (23.27%), Vitamin A: 892.86IU (17.86%), Vitamin C: 11.36mg (13.77%), Zinc: 1.88mg (12.55%), Vitamin B5: 1.2mg (11.97%), Iron: 2.14mg (11.87%), Vitamin B2: 0.2mg (11.75%), Potassium: 373.73mg (10.68%), Magnesium: 31.94mg (7.99%), Folate: 30.32µg (7.58%), Vitamin E: 1.06mg (7.06%), Vitamin B12: 0.39µg (6.58%), Vitamin B1: 0.1mg (6.47%), Calcium: 54.03mg (5.4%), Manganese: 0.11mg (5.35%), Copper: 0.09mg (4.61%), Fiber: 0.8g (3.2%)