



Chicken Salad with Fresh Peaches and Blue Cheese

 Gluten Free

READY IN



22 min.

SERVINGS



6

CALORIES



270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup almonds smoked chopped
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 ounces cheese blue crumbled
- ☐ 3 cups chicken breast cooked coarsely chopped
- ☐ 1 tablespoon honey
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 tablespoons olive oil extra-virgin

- ☐ 3 tablespoons orange juice
- ☐ 2 cups peaches peeled chopped 2 medium
- ☐ 6 cups romaine lettuce chopped
- ☐ 3 tablespoons citrus champagne vinegar

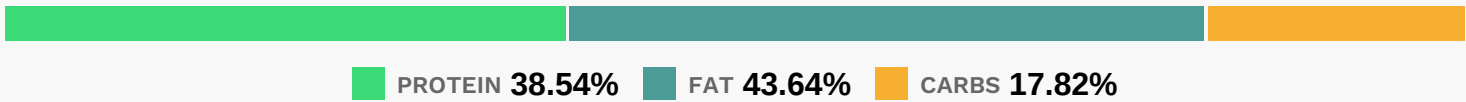
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 5 ingredients in a small bowl.
- ☐ Add olive oil, and stir with a whisk.
- ☐ Combine lettuce and next 4 ingredients in a large bowl, and toss gently.
- ☐ Drizzle with vinaigrette; toss to coat.

Nutrition Facts



Properties

Glycemic Index:35.59, Glycemic Load:3.86, Inflammation Score:-10, Nutrition Score:19.374347697134%

Flavonoids

Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg Catechin: 2.6mg, Catechin: 2.6mg, Catechin: 2.6mg, Catechin: 2.6mg Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 270.26kcal (13.51%), Fat: 13.15g (20.23%), Saturated Fat: 3.38g (21.1%), Carbohydrates: 12.08g (4.03%), Net Carbohydrates: 9.53g (3.47%), Sugar: 8.76g (9.73%), Cholesterol: 66.59mg (22.2%), Sodium: 268.8mg (11.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.13g (52.25%), Vitamin A: 4365.36IU (87.31%), Vitamin B3: 10.51mg (52.55%), Vitamin K: 53.11µg (50.58%), Selenium: 22.24µg (31.77%), Phosphorus: 252.54mg (25.25%), Vitamin B6: 0.5mg (24.8%), Folate: 78.46µg (19.61%), Vitamin E: 2.85mg (19%), Vitamin B2: 0.24mg (13.84%), Manganese: 0.27mg (13.57%), Potassium: 448.7mg (12.82%), Magnesium: 50.7mg (12.67%), Vitamin B5: 1.03mg (10.32%), Fiber: 2.55g (10.19%), Vitamin C: 8.29mg (10.05%), Calcium: 96.06mg (9.61%), Iron: 1.71mg (9.5%), Zinc: 1.38mg (9.19%), Copper: 0.17mg (8.45%), Vitamin B1: 0.12mg (7.86%), Vitamin B12: 0.35µg (5.89%)