



Chicken Salad with Green Beans and Toasted Walnuts



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



174 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 4 cups cut green beans (1-inch) (1 pound)
- ☐ 2 teaspoons olive oil
- ☐ 2 cups ready-to-eat roasted skinned chopped (2 breasts)
- ☐ 0.3 teaspoon salt

- ☐ 2 tablespoons walnuts toasted chopped
- ☐ 2 tablespoons citrus champagne vinegar

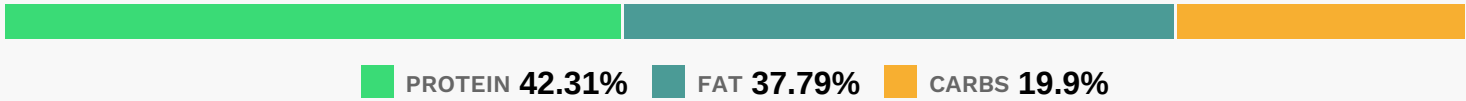
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Steam beans, covered, 6 minutes or until crisp-tender.
- ☐ Drain.
- ☐ Combine beans, chicken, parsley, nuts, and mint in a large bowl.
- ☐ Combine vinegar, oil, salt, and pepper in a small bowl; stir well with a whisk.
- ☐ Pour over bean mixture; stir well.

Nutrition Facts



Properties

Glycemic Index:32.5, Glycemic Load:2.28, Inflammation Score:-8, Nutrition Score:19.316087080085%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Apigenin: 8.15mg, Apigenin: 8.15mg, Apigenin: 8.15mg, Apigenin: 8.15mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg

Nutrients (% of daily need)

Calories: 173.94kcal (8.7%), Fat: 7.49g (11.52%), Saturated Fat: 1.07g (6.7%), Carbohydrates: 8.88g (2.96%), Net Carbohydrates: 5.32g (1.93%), Sugar: 3.75g (4.17%), Cholesterol: 48mg (16%), Sodium: 242.2mg (10.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.87g (37.74%), Vitamin K: 110.49µg (105.23%), Vitamin B3: 8.76mg (43.79%), Vitamin B6: 0.75mg (37.45%), Selenium: 24.92µg (35.59%), Vitamin C: 19.81mg (24.01%), Vitamin A: 1152.18IU (23.04%), Manganese: 0.46mg (23%), Phosphorus: 220.49mg (22.05%), Potassium: 564.17mg (16.12%),

Magnesium: 58.29mg (14.57%), Fiber: 3.56g (14.24%), Vitamin B5: 1.37mg (13.66%), Folate: 51.35µg (12.84%), Vitamin B2: 0.2mg (12.01%), Vitamin B1: 0.16mg (10.64%), Iron: 1.91mg (10.61%), Copper: 0.19mg (9.39%), Vitamin E: 0.95mg (6.31%), Zinc: 0.91mg (6.08%), Calcium: 58.68mg (5.87%), Vitamin B12: 0.15µg (2.5%)