



Chicken Salad with Mint and Feta

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



133 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 cups rotisserie chicken breast boneless skinless chopped
- ☐ 0.5 cup cucumber english cubed peeled
- ☐ 1.5 teaspoons olive oil extravirgin
- ☐ 2 ounces feta cheese crumbled
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1.5 tablespoons oregano fresh chopped

- ☐ 0.5 cup bell pepper red chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup bell pepper yellow chopped

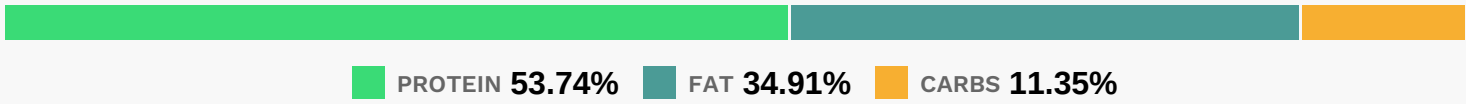
Equipment

- ☐ bowl

Directions

- ☐ Combine all ingredients except mint sprigs in a large bowl; toss gently to combine.
- ☐ Garnish with mint sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.28, Inflammation Score:-9, Nutrition Score:13.175217120544%

Flavonoids

Eriodictyol: 0.82mg, Eriodictyol: 0.82mg, Eriodictyol: 0.82mg, Eriodictyol: 0.82mg Hesperetin: 0.91mg, Hesperetin: 0.91mg, Hesperetin: 0.91mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 133.2kcal (6.66%), Fat: 5.13g (7.9%), Saturated Fat: 1.86g (11.64%), Carbohydrates: 3.75g (1.25%), Net Carbohydrates: 2.62g (0.95%), Sugar: 0.84g (0.94%), Cholesterol: 56.41mg (18.8%), Sodium: 293.52mg (12.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.78g (35.55%), Vitamin C: 42.38mg (51.37%), Vitamin B3: 8.25mg (41.26%), Selenium: 25.56µg (36.51%), Vitamin B6: 0.68mg (34.01%), Phosphorus: 201.38mg (20.14%), Vitamin B5: 1.27mg (12.68%), Vitamin A: 586.75IU (11.73%), Potassium: 381.33mg (10.9%), Vitamin B2: 0.18mg (10.81%), Vitamin K: 10.86µg (10.34%), Calcium: 79.22mg (7.92%), Magnesium: 30.72mg (7.68%), Manganese: 0.15mg (7.25%), Iron: 1.05mg (5.82%), Zinc: 0.83mg (5.57%), Folate: 21.68µg (5.42%), Vitamin B1: 0.08mg (5.34%), Vitamin B12: 0.31µg (5.16%), Vitamin E: 0.74mg (4.93%), Fiber: 1.13g (4.53%), Copper: 0.06mg (2.91%)