



Chicken Salad with Olive Vinaigrette

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



351 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon capers chopped
- 14 ounce chicken breast fat-free 98%
- 2 tablespoons olive oil extravirgin
- 2 tablespoons parsley fresh chopped
- 1 garlic clove minced
- 1 cup regular couscous uncooked
- 0.3 cup kalamata olives pitted chopped

1 tablespoon juice of lemon fresh

0.3 teaspoon salt

Equipment

bowl

whisk

Directions

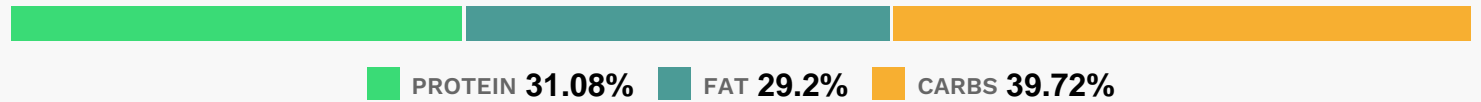
Cook couscous according to package directions, omitting salt and fat.

Drain and rinse with cold water.

Combine olives and next 7 ingredients (olives through garlic) in a large bowl, stirring with a whisk.

Add couscous to olive mixture; toss gently to coat. Stir in chicken just before serving.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:20.23, Inflammation Score:-4, Nutrition Score:15.445217316565%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 2.66mg, Kaempferol: 2.66mg, Kaempferol: 2.66mg, Kaempferol: 2.66mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg

Nutrients (% of daily need)

Calories: 351.41kcal (17.57%), Fat: 11.18g (17.21%), Saturated Fat: 1.76g (11.01%), Carbohydrates: 34.24g (11.41%), Net Carbohydrates: 31.63g (11.5%), Sugar: 0.17g (0.19%), Cholesterol: 63.5mg (21.17%), Sodium: 453.17mg (19.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.79g (53.57%), Vitamin B3: 11.91mg (59.55%), Selenium: 31.97µg (45.67%), Vitamin B6: 0.81mg (40.32%), Vitamin K: 38.04µg (36.23%), Phosphorus: 284.39mg (28.44%), Vitamin B5: 1.97mg (19.67%), Manganese: 0.38mg (19.12%), Potassium: 462.15mg (13.2%), Magnesium: 47.83mg (11.96%), Fiber: 2.6g (10.42%), Vitamin E: 1.56mg (10.39%), Vitamin B1: 0.14mg (9.3%), Vitamin B2: 0.14mg (8.21%),

Copper: 0.16mg (7.88%), Vitamin C: 5.62mg (6.81%), Zinc: 0.97mg (6.49%), Iron: 1.1mg (6.09%), Vitamin A: 235.14IU (4.7%), Folate: 17.07µg (4.27%), Vitamin B12: 0.2µg (3.31%), Calcium: 25.46mg (2.55%)