



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

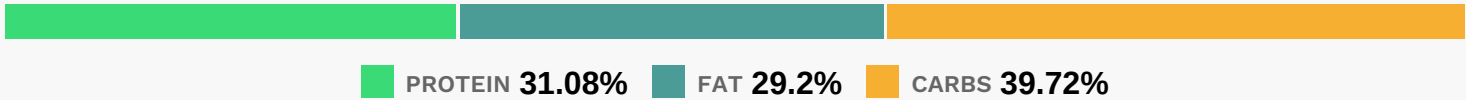
Equipment

- ☐ 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 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 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%)