



Chicken Salad with Peas and Fresh Herb Vinaigrette

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



210 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons almonds toasted sliced
- 0.8 cup celery chopped
- 1.5 cups chicken breast cooked chopped
- 2 teaspoons olive oil extravirgin
- 0.5 cup parsley fresh
- 1 teaspoons thyme leaves fresh chopped
- 1 garlic clove

- 0.5 cup green onions chopped
- 10 ounce peas green frozen thawed
- 3 tablespoons rice vinegar
- 0.3 teaspoon salt
- 1 tablespoon mustard stone-ground
- 1 teaspoon sugar

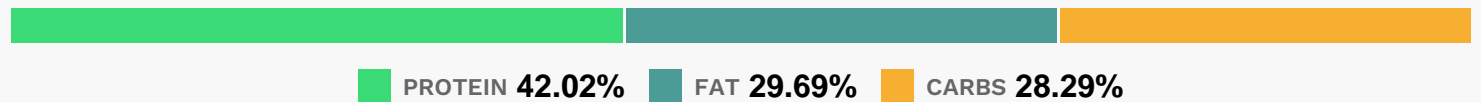
Equipment

- food processor
- bowl

Directions

- Combine first 9 ingredients in a food processor; process until smooth.
- Combine parsley mixture, chicken, celery, and peas in a large bowl, tossing well.
- Sprinkle with almonds.

Nutrition Facts



Properties

Glycemic Index:94.36, Glycemic Load:3.93, Inflammation Score:-9, Nutrition Score:21.614347876414%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 16.71mg, Apigenin: 16.71mg, Apigenin: 16.71mg, Apigenin: 16.71mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 209.93kcal (10.5%), Fat: 6.91g (10.63%), Saturated Fat: 1.08g (6.76%), Carbohydrates: 14.81g (4.94%), Net Carbohydrates: 9.02g (3.28%), Sugar: 5.91g (6.56%), Cholesterol: 44.63mg (14.88%), Sodium: 250.85mg (10.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22g (44.01%), Vitamin K: 173.43µg (165.17%), Vitamin C: 42.31mg (51.29%), Vitamin B3: 9.12mg (45.6%), Vitamin A: 1421.2IU (28.42%), Manganese: 0.51mg (25.45%), Selenium: 17.58µg (25.11%), Vitamin B6: 0.48mg (24.18%), Phosphorus: 240.02mg (24%), Fiber: 5.79g (23.15%), Folate: 77.1µg (19.27%), Vitamin B1: 0.26mg (17.44%), Magnesium: 63.36mg (15.84%), Iron: 2.64mg (14.65%), Vitamin B2: 0.24mg (14.38%), Potassium: 481.26mg (13.75%), Vitamin E: 1.99mg (13.28%), Copper: 0.24mg (11.94%), Zinc: 1.76mg (11.71%), Calcium: 72.55mg (7.26%), Vitamin B5: 0.71mg (7.08%), Vitamin B12: 0.18µg (2.98%)