



Chicken Salad with Piquillo Peppers, Almonds, and Spicy Greens



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



473 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon dijon mustard
- ☐ 0.5 cup basil fresh chopped
- ☐ 1 cup spring onion thinly sliced
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 4 roasted peppers red drained cut lengthwise into 1/4-inch-wide strips well
- ☐ 2 tablespoons red wine vinegar
- ☐ 4 cups roasted chicken spanish with paprika

- ☐ 6 ounces baby arugula assorted packed (such as watercress, frisée, baby arugula, and hearts of escarole; 6 cups)
- ☐ 0.3 cup slivered almonds toasted

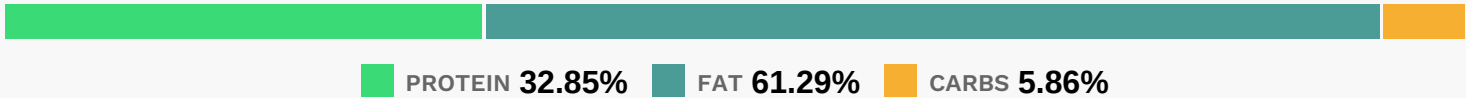
Equipment

- ☐ bowl
- ☐ whisk
- ☐ microwave

Directions

- ☐ Whisk vinegar and mustard in small bowl. Gradually whisk in oil; season dressing with salt and pepper.
- ☐ Place chicken in large bowl. Warm drippings in microwave just until melted.
- ☐ Drizzle over chicken; toss to coat.
- ☐ Add green onions, 1/3 cup almonds, and peppers and toss. DO AHEAD Can be made 2 hours ahead. Cover and chill.
- ☐ Let dressing stand at room temperature.
- ☐ Add greens, basil, and dressing to bowl with chicken; toss to coat. Season chicken salad to taste with salt and pepper.
- ☐ Sprinkle remaining 3 tablespoons toasted almonds over and serve.

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:0.77, Inflammation Score:-9, Nutrition Score:26.286956559057%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg

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Nutrients (% of daily need)

Calories: 473.2kcal (23.66%), Fat: 32.27g (49.65%), Saturated Fat: 5.43g (33.91%), Carbohydrates: 6.94g (2.31%), Net Carbohydrates: 3.94g (1.43%), Sugar: 1.87g (2.08%), Cholesterol: 105mg (35%), Sodium: 641.93mg (27.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.92g (77.85%), Vitamin K: 121.41µg (115.62%), Vitamin B3: 11.86mg (59.29%), Selenium: 35.63µg (50.9%), Phosphorus: 354.48mg (35.45%), Vitamin B6: 0.7mg (35.2%), Vitamin C: 28.87mg (34.99%), Vitamin E: 5.24mg (34.96%), Vitamin A: 1667.38IU (33.35%), Manganese: 0.51mg (25.41%), Vitamin B2: 0.38mg (22.3%), Magnesium: 85.58mg (21.39%), Iron: 3.56mg (19.8%), Potassium: 680.33mg (19.44%), Folate: 76.26µg (19.06%), Zinc: 2.81mg (18.72%), Vitamin B5: 1.63mg (16.32%), Calcium: 148.95mg (14.89%), Copper: 0.29mg (14.34%), Fiber: 3g (12%), Vitamin B1: 0.15mg (10.02%), Vitamin B12: 0.41µg (6.77%)