



Chicken Salad With Potatoes and Arugula

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 cups arugula thick
- ☐ 1 tablespoon dijon mustard
- ☐ 0.3 cup tarragon fresh chopped
- ☐ 1 pound new potatoes
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.3 cup parmesan cheese fresh shaved
- ☐ 0.3 teaspoon pepper
- ☐ 2 tablespoons salt divided

- ☐ 1.5 pounds chicken breasts boneless skinless
- ☐ 1 tablespoon citrus champagne vinegar

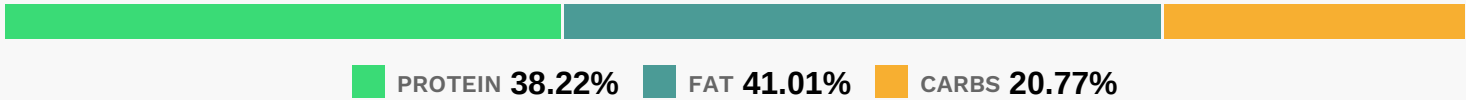
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ cutting board

Directions

- ☐ Place potatoes in a large pot, and cover with cold water; bring to a boil.
- ☐ Add 1 tablespoon salt, reduce heat, and simmer 1518 minutes or until tender.
- ☐ Drain and run under cold water to cool; peel and slice.
- ☐ Fill a medium saucepan halfway with water. Bring to a boil, and add remaining 1 tablespoon salt.
- ☐ Add chicken, and reduce heat to medium; gently simmer 1214 minutes or until cooked through.
- ☐ Transfer to a cutting board, and let rest at least 10 minutes before shredding with a fork or your fingers.
- ☐ Whisk together oil, vinegar, mustard, and pepper in a small bowl.
- ☐ Divide arugula, chicken, tarragon, and potatoes evenly into 4 serving bowls.
- ☐ Drizzle each with dressing, and top with Parmesan.

Nutrition Facts



Properties

Glycemic Index:69.19, Glycemic Load:15.74, Inflammation Score:-8, Nutrition Score:29.592608902765%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg Kaempferol: 11.37mg, Kaempferol: 11.37mg, Kaempferol: 11.37mg, Kaempferol: 11.37mg Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg

Nutrients (% of daily need)

Calories: 445.28kcal (22.26%), Fat: 20.18g (31.05%), Saturated Fat: 3.98g (24.87%), Carbohydrates: 23g (7.67%), Net Carbohydrates: 19.59g (7.12%), Sugar: 1.6g (1.78%), Cholesterol: 113.11mg (37.7%), Sodium: 3844.38mg (167.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.31g (84.62%), Vitamin B3: 19.35mg (96.76%), Vitamin B6: 1.72mg (85.8%), Selenium: 57.7µg (82.43%), Phosphorus: 495.34mg (49.53%), Vitamin K: 43.69µg (41.61%), Potassium: 1329.08mg (37.97%), Vitamin C: 30.51mg (36.98%), Manganese: 0.59mg (29.64%), Vitamin B5: 2.93mg (29.32%), Magnesium: 100.47mg (25.12%), Vitamin A: 951.23IU (19.02%), Calcium: 185.85mg (18.59%), Iron: 3.23mg (17.93%), Vitamin B2: 0.3mg (17.55%), Vitamin E: 2.44mg (16.24%), Folate: 63.5µg (15.88%), Vitamin B1: 0.23mg (15.36%), Fiber: 3.4g (13.61%), Zinc: 1.79mg (11.92%), Copper: 0.22mg (11.11%), Vitamin B12: 0.42µg (6.92%), Vitamin D: 0.2µg (1.34%)