



Chicken Salad with Roasted Bell Peppers and Toasted Almonds



Gluten Free



Dairy Free



Popular

READY IN



40 min.

SERVINGS



6

CALORIES



414 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



4 chicken breasts skinless (2 pounds total)



4 bay leaves



1 quart chicken stock see



2 garlic cloves finely chopped



1 cup almonds unsalted toasted finely chopped



0.5 large onion red chopped



0.5 cup parsley chopped

- ☐ 8 ounce roasted peppers (skinless red seeds removed)
- ☐ 3 Tbsp sherry vinegar (can sub apple cider vinegar)
- ☐ 0.5 cup olive oil extra virgin
- ☐ 6 servings salt and pepper to taste

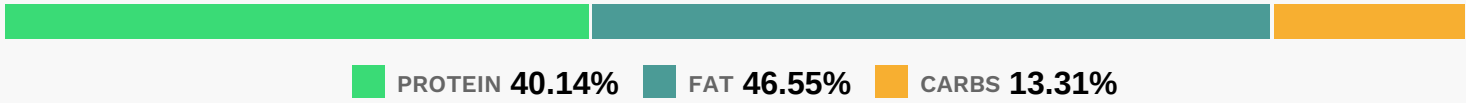
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Put the bay leaves and the chicken stock in a pot with a lid and bring the stock to a simmer.
- ☐ Add the chicken breasts to the pot. Return the stock to a simmer. Simmer for one minute. Cover the pot. Turn off the heat.
- ☐ Let the chicken steep in the stock for 30 minutes to an hour.
- ☐ Prep other ingredients, toss with oil and vinegar: While the chicken is cooking, chop the other ingredients—garlic, almonds, onion, parsley, roasted red bell peppers—and add to a large bowl.
- ☐ Sprinkle a little salt over the mixture and add the oil and vinegar. Toss to combine.
- ☐ Shred chicken, mix with the rest of the ingredients: When the chicken breasts are cooked, remove them from the stock (which you can reuse if you bring it to a boil again) and let them cool.
- ☐ When they are cool enough to handle, shred the chicken breasts into bite-sized pieces by hand.
- ☐ Mix the chicken pieces in with the rest of the ingredients and served chilled or at room temperature.

Nutrition Facts



Properties

Glycemic Index:23.17, Glycemic Load:0.58, Inflammation Score:-8, Nutrition Score:31.214347901552%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

Nutrients (% of daily need)

Calories: 413.89kcal (20.69%), Fat: 21.46g (33.02%), Saturated Fat: 2.79g (17.46%), Carbohydrates: 13.81g (4.6%), Net Carbohydrates: 10.02g (3.64%), Sugar: 4g (4.44%), Cholesterol: 101.16mg (33.72%), Sodium: 1115.62mg (48.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.63g (83.27%), Vitamin B3: 19.36mg (96.81%), Vitamin K: 84.84µg (80.8%), Selenium: 52.98µg (75.68%), Vitamin B6: 1.35mg (67.69%), Phosphorus: 488.94mg (48.89%), Vitamin E: 6.99mg (46.62%), Manganese: 0.69mg (34.44%), Vitamin B2: 0.58mg (33.91%), Vitamin C: 27.37mg (33.18%), Magnesium: 118.11mg (29.53%), Potassium: 1003.92mg (28.68%), Vitamin B5: 2.31mg (23.1%), Copper: 0.44mg (21.78%), Fiber: 3.79g (15.17%), Vitamin B1: 0.22mg (14.7%), Iron: 2.49mg (13.82%), Vitamin A: 672.32IU (13.45%), Zinc: 1.99mg (13.29%), Calcium: 103.93mg (10.39%), Folate: 39.94µg (9.98%), Vitamin B12: 0.3µg (5.02%)