



WHATSHEATE



HEALTH SCORE

100%

Chicken Salad with Roasted Root Vegetable Vinaigrette



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



115 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 belgian endive chopped
- ☐ 2 cups chicken breast strips/pre-cooked/chopped diced skinless cooked ()
- ☐ 1 head radicchio thinly chopped
- ☐ 1 head the of 1 cos lettuce chopped
- ☐ 0.5 cup roasted root vegetable vinaigrette

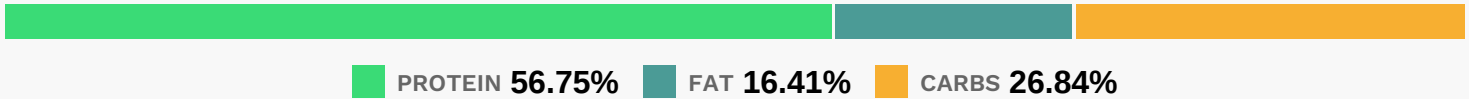
Equipment

- ☐ bowl

Directions

- ☐ In a large bowl, combine the lettuce, radicchio, endive, and chicken.
- ☐ Add the vinaigrette and toss to coat.
- ☐ Giada's Feel Good Food
- ☐ Reprinted from Giada's Feel Good Food Copyright © 2013 by GDL Foods Inc. Photographs copyright © 2013 by Amy Neunsinger. Published by Clarkson Potter, a division of Random House LLC. GIADA DE LAURENTIIS is the Emmy award-winning star of Food Network's Everyday Italian, Giada at Home, and Giada in Paradise; a judge on Food Network Star; a contributing correspondent for NBC's Today show; and the author of six New York Times bestselling books. She attended the Cordon Bleu cooking school in Paris and worked at Wolfgang Puck's Spago restaurant before starting her own catering company, GDL Foods. Born in Rome, she grew up in Los Angeles, where she now lives with her husband, Todd, and their daughter, Jade.

Nutrition Facts



Properties

Glycemic Index:8.67, Glycemic Load:0.75, Inflammation Score:-10, Nutrition Score:20.762608727683%

Flavonoids

Cyanidin: 59.26mg, Cyanidin: 59.26mg, Cyanidin: 59.26mg, Cyanidin: 59.26mg Delphinidin: 3.58mg, Delphinidin: 3.58mg, Delphinidin: 3.58mg, Delphinidin: 3.58mg Luteolin: 17.78mg, Luteolin: 17.78mg, Luteolin: 17.78mg, Luteolin: 17.78mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 17.11mg, Quercetin: 17.11mg, Quercetin: 17.11mg, Quercetin: 17.11mg

Nutrients (% of daily need)

Calories: 115.28kcal (5.76%), Fat: 2.14g (3.29%), Saturated Fat: 0.55g (3.42%), Carbohydrates: 7.87g (2.62%), Net Carbohydrates: 4.44g (1.62%), Sugar: 2.05g (2.28%), Cholesterol: 39.67mg (13.22%), Sodium: 54.43mg (2.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.64g (33.28%), Vitamin K: 228.58µg (217.69%), Vitamin A: 9112.4IU (182.25%), Folate: 182.45µg (45.61%), Vitamin B3: 6.94mg (34.68%), Selenium: 13.93µg (19.91%), Vitamin B6: 0.4mg (19.87%), Phosphorus: 166.53mg (16.65%), Potassium: 578.3mg (16.52%), Manganese: 0.3mg (15.25%), Fiber: 3.43g (13.71%), Copper: 0.25mg (12.49%), Vitamin C: 10.04mg (12.17%), Iron: 1.85mg (10.28%), Vitamin E: 1.48mg (9.88%), Magnesium: 38.3mg (9.58%), Vitamin B1: 0.13mg (8.71%), Vitamin B2: 0.14mg (8.48%), Vitamin B5: 0.8mg (8.03%), Zinc: 1.08mg (7.17%), Calcium: 55.97mg (5.6%), Vitamin B12: 0.16µg (2.64%)