



Chicken Salad with Vinaigrette

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



515 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 cups curly leaf lettuce green
- ☐ 3 cups roasted chicken cooked chopped
- ☐ 1 medium bell pepper red cut into bite-size strips
- ☐ 4 oz goat cheese crumbled (goat)
- ☐ 0.5 cup candied pecans
- ☐ 0.3 cup olive oil
- ☐ 2 tablespoons raspberry vinegar
- ☐ 0.3 cup shallots finely chopped

- ☐ 0.5 teaspoon salt
- ☐ 0.1 teaspoon pepper

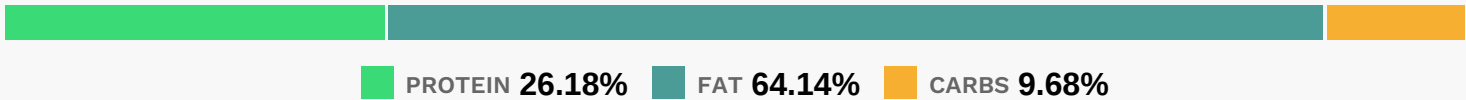
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Arrange lettuce on 4 salad plates. Top with remaining salad ingredients.
- ☐ In small bowl or tightly covered container, beat with wire whisk or shake vinaigrette ingredients. Just before serving, drizzle vinaigrette over salads.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:1.01, Inflammation Score:-10, Nutrition Score:26.116956472397%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg

Nutrients (% of daily need)

Calories: 515.27kcal (25.76%), Fat: 36.65g (56.39%), Saturated Fat: 9.05g (56.57%), Carbohydrates: 12.45g (4.15%), Net Carbohydrates: 9.91g (3.6%), Sugar: 8.26g (9.17%), Cholesterol: 91.79mg (30.6%), Sodium: 552.65mg (24.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.66g (67.32%), Vitamin A: 6599.91IU (132%), Vitamin K: 103.74µg (98.8%), Vitamin C: 45.89mg (55.62%), Vitamin B3: 8.99mg (44.94%), Selenium: 27.27µg (38.96%), Vitamin B6: 0.7mg (35.2%), Phosphorus: 312.36mg (31.24%), Vitamin E: 3.28mg (21.85%), Vitamin B2: 0.35mg (20.47%), Iron: 3.03mg (16.86%), Manganese: 0.33mg (16.5%), Copper: 0.31mg (15.4%), Vitamin B5: 1.45mg (14.48%), Potassium: 506.21mg (14.46%), Zinc: 2.12mg (14.16%), Folate: 54.74µg (13.68%), Magnesium: 43.11mg (10.78%), Vitamin B1: 0.16mg (10.69%), Fiber: 2.55g (10.2%), Calcium: 96.72mg (9.67%), Vitamin B12: 0.36µg (5.97%)