



HEALTH SCORE

96%

Chicken Salad with Walnuts and Roquefort Dressing



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



696 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound leaf lettuce green ()
- ☐ 0.5 teaspoon fresh-ground pepper black
- ☐ 6 tablespoons olive oil
- ☐ 3 quarts radicchio thinly (1 pound in all)
- ☐ 0.3 pound roquefort blue crumbled
- ☐ 4 servings salt
- ☐ 1 pound chicken breasts boneless skinless (3)

- ☐ 2 tablespoons cup heavy whipping cream sour
- ☐ 0.5 cup walnuts
- ☐ 1.5 tablespoons white-wine vinegar

Equipment

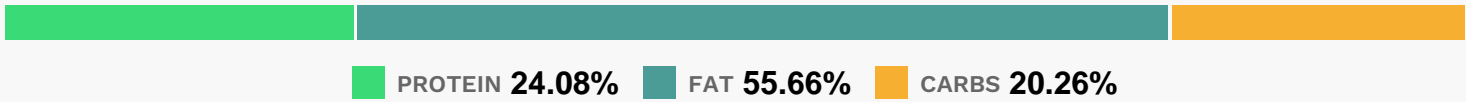
- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ In a large frying pan, toast the walnuts over moderately low heat, stirring frequently, until golden brown, about 5 minutes.
- ☐ Remove the nuts from the pan and chop them into fairly large pieces.
- ☐ In the same pan, heat 1 tablespoon of the oil over moderate heat. Season the chicken breasts with 1/4 teaspoon each salt and pepper and add them to the pan. Cook the chicken until brown, about 5 minutes. Turn and cook until almost done, about 3 minutes longer. Cover the pan, remove from the heat, and let steam for 5 minutes.
- ☐ Remove the chicken breasts from the pan. When they are cool enough to handle, cut the chicken breasts into bite-size pieces.
- ☐ Meanwhile, in a glass or stainless-steel bowl, whisk together the vinegar, sour cream, 1/8 teaspoon salt, and the remaining 1/4 teaspoon pepper.
- ☐ Add the remaining 5 tablespoons of oil slowly, whisking.
- ☐ Add the Roquefort and stir just to combine, leaving the dressing chunky.
- ☐ In a large glass or stainless-steel bowl, toss the lettuce and the radicchio with half the dressing.
- ☐ Put the salad on plates. Top the salads with the chicken. Spoon the remaining dressing over the chicken and then sprinkle with the nuts.
- ☐ Wine Recommendation: The salty Roquefort cries out for a sweet wine to provide contrast--but
- ☐ Sauternes, Roquefort's classic cheese-course partner, is too sweet. Try instead a drier and much less expensive Cteaux du

Layon from the Loire Valley.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:0.41, Inflammation Score:-10, Nutrition Score:56.488695279412%

Flavonoids

Cyanidin: 901.73mg, Cyanidin: 901.73mg, Cyanidin: 901.73mg, Cyanidin: 901.73mg Delphinidin: 54.51mg, Delphinidin: 54.51mg, Delphinidin: 54.51mg, Delphinidin: 54.51mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 269.74mg, Luteolin: 269.74mg, Luteolin: 269.74mg, Luteolin: 269.74mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 226.01mg, Quercetin: 226.01mg, Quercetin: 226.01mg, Quercetin: 226.01mg

Nutrients (% of daily need)

Calories: 695.96kcal (34.8%), Fat: 44.64g (68.68%), Saturated Fat: 10.79g (67.41%), Carbohydrates: 36.54g (12.18%), Net Carbohydrates: 28.38g (10.32%), Sugar: 5.43g (6.03%), Cholesterol: 97.38mg (32.46%), Sodium: 826.45mg (35.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.46g (86.92%), Vitamin K: 1895.78µg (1805.51%), Copper: 2.72mg (135.82%), Vitamin E: 19.6mg (130.69%), Folate: 476.88µg (119.22%), Vitamin A: 4682.2IU (93.64%), Manganese: 1.68mg (83.79%), Potassium: 2823.4mg (80.67%), Vitamin C: 63.63mg (77.13%), Vitamin B6: 1.43mg (71.69%), Vitamin B3: 14.31mg (71.56%), Phosphorus: 704.2mg (70.42%), Selenium: 48.08µg (68.68%), Zinc: 6.39mg (42.61%), Vitamin B5: 4.2mg (41.98%), Magnesium: 160.01mg (40%), Calcium: 332.79mg (33.28%), Fiber: 8.17g (32.67%), Iron: 5.64mg (31.33%), Vitamin B2: 0.5mg (29.31%), Vitamin B1: 0.29mg (19.03%), Vitamin B12: 0.59µg (9.75%), Vitamin D: 0.26µg (1.7%)