



Chicken Salad with Wild Rice



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



206 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup blanched almonds and toasted chopped
- ☐ 0.5 cup celery chopped
- ☐ 2 cups chicken tenderloins cooked chopped
- ☐ 0.5 cup spring onion thinly sliced
- ☐ 6 servings tarragon
- ☐ 1 cup watercress loosely packed
- ☐ 0.5 cup rice wild uncooked

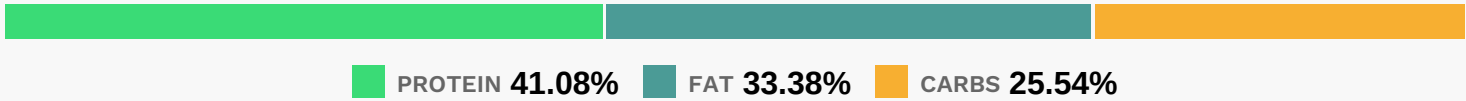
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Rinse rice in a fine wire-mesh strainer. Bring 1 1/2 cups salted water to a boil over medium-high heat in a small saucepan. Stir in rice, and return to a boil. Reduce heat to low; cover and simmer, stirring occasionally, 40 to 50 minutes or until tender.
- ☐ Drain rice, and rinse under cold water; drain. Stir together chicken, next 3 ingredients, and rice in a large bowl until combined.
- ☐ Drizzle desired amount of Tarragon Vinaigrette over salad; toss to coat. Chill 1 hour. Toss with watercress and desired amount of remaining vinaigrette before serving.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:5.61, Inflammation Score:-6, Nutrition Score:15.793478250504%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg

Nutrients (% of daily need)

Calories: 206.38kcal (10.32%), Fat: 7.77g (11.95%), Saturated Fat: 0.91g (5.66%), Carbohydrates: 13.37g (4.46%), Net Carbohydrates: 11.06g (4.02%), Sugar: 1.13g (1.26%), Cholesterol: 50.47mg (16.82%), Sodium: 105.4mg (4.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.5g (43.01%), Vitamin B3: 9.66mg (48.3%), Selenium: 26.12µg (37.32%), Vitamin B6: 0.7mg (34.88%), Vitamin K: 34.29µg (32.66%), Phosphorus: 285.08mg (28.51%), Manganese: 0.5mg (24.78%), Magnesium: 79.27mg (19.82%), Vitamin E: 2.86mg (19.06%), Potassium: 511.15mg (14.6%), Vitamin B5: 1.34mg (13.44%), Vitamin B2: 0.22mg (12.91%), Zinc: 1.65mg (11%), Copper: 0.22mg (10.96%), Fiber: 2.31g (9.25%), Folate: 32.54µg (8.13%), Iron: 1.37mg (7.61%), Vitamin A: 370.62IU (7.41%), Vitamin C: 5.71mg (6.92%), Vitamin B1: 0.1mg (6.64%), Calcium: 58.88mg (5.89%), Vitamin B12: 0.16µg (2.63%)