



Chicken Tarragon Salad

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



289 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 ribs celery chopped
- 14 ounce rotisserie chicken breast meat chunk rinsed cooked drained canned (recommended: Tyson)
- 1 teaspoon tarragon leaves fresh finely chopped
- 0.3 cup non-fat yogurt plain (recommended: Horizon)
- 0.5 cup non-fat mayonnaise (recommended: Best Foods)
- 0.3 cup walnuts and/or pecans chopped (recommended: Planters)
- 1 teaspoon poppy seeds (recommended: McCormick)
- 1 cup grapes red seedless cut in 1/2

6 cups spring mix lettuce (recommended: Ready Pac)

Equipment

whisk

mixing bowl

tongs

Directions

In a small mixing bowl, whisk together mayonnaise, yogurt, poppy seeds, and tarragon to make dressing; set aside.

In a medium mixing bowl, combine chicken, grapes, celery, and walnuts.

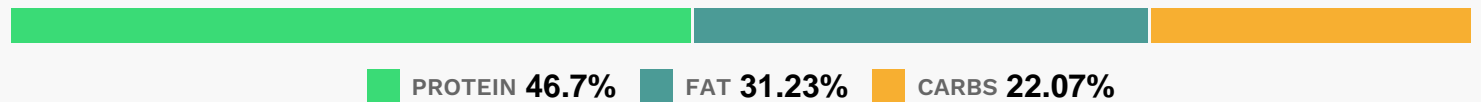
Pour 1/2 cup of dressing over mixture and stir to combine; set aside.

Put spring lettuce mix in large mixing bowl with 1/4 cup dressing. Use tongs to toss.

Arrange 1 1/2 cups of spring mix lettuce on each plate. Top with 1 cup of tarragon chicken.

Serve with remaining dressing on the side.

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:3.47, Inflammation Score:-7, Nutrition Score:17.373043609702%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 289kcal (14.45%), Fat: 10.07g (15.49%), Saturated Fat: 2.02g (12.64%), Carbohydrates: 16.01g (5.34%), Net Carbohydrates: 14.13g (5.14%), Sugar: 10.02g (11.13%), Cholesterol: 88.93mg (29.64%), Sodium: 341.01mg (14.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.89g (67.78%), Vitamin B3: 14.22mg (71.08%), Selenium: 28.65µg (40.93%), Vitamin B6: 0.75mg (37.43%), Phosphorus: 311.36mg (31.14%), Manganese: 0.5mg (24.96%), Vitamin C: 16.18mg (19.61%), Vitamin K: 19.03µg (18.12%), Vitamin A: 854.77IU (17.1%), Potassium: 571.94mg (16.34%),

Magnesium: 58.52mg (14.63%), Copper: 0.27mg (13.63%), Vitamin B2: 0.23mg (13.24%), Vitamin B5: 1.2mg (12.01%), Iron: 2.08mg (11.53%), Folate: 44.35µg (11.09%), Zinc: 1.58mg (10.53%), Vitamin B1: 0.15mg (10.32%), Calcium: 78.37mg (7.84%), Fiber: 1.88g (7.53%), Vitamin B12: 0.39µg (6.57%), Vitamin E: 0.48mg (3.19%)