



Chicken, Tomato, and Artichoke Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



248 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup artichoke hearts canned drained quartered
- ☐ 2 cups cherry tomatoes halved
- ☐ 4 curly kale leaves
- ☐ 0.3 cup cooking wine dry white
- ☐ 0.5 cup parsley fresh chopped
- ☐ 2 garlic cloves crushed
- ☐ 0.5 cup green onions thinly sliced
- ☐ 0.3 cup juice of lemon fresh

- ☐ 1 teaspoon lemon rind grated
- ☐ 1.5 tablespoons olive oil
- ☐ 0.3 teaspoon pepper divided
- ☐ 0.5 teaspoon salt divided
- ☐ 1 pound skinned

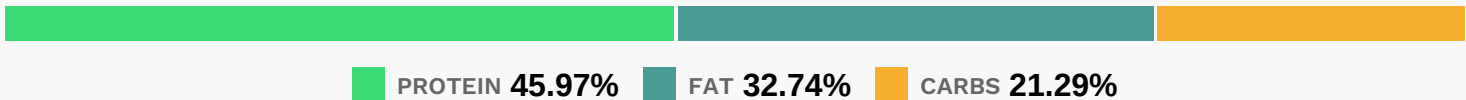
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Sprinkle 1/4 teaspoon salt and 1/8 teaspoon pepper over chicken.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add chicken; cook 5 minutes on each side or until done.
- ☐ Remove chicken from skillet, and set aside.
- ☐ Add lemon juice and wine to skillet, and stir to deglaze pan.
- ☐ Remove from heat; stir in remaining salt, remaining pepper, lemon rind, and garlic.
- ☐ Cut chicken into 1-inch pieces.
- ☐ Combine chicken, tomatoes, artichokes, parsley, and green onions in a large bowl; toss well.
- ☐ Add lemon juice mixture; toss well.
- ☐ Serve on lettuce-lined plates.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:0.48, Inflammation Score:-9, Nutrition Score:23.224347757257%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 3mg, Hesperetin: 3mg, Hesperetin: 3mg, Hesperetin: 3mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg

Nutrients (% of daily need)

Calories: 248.05kcal (12.4%), Fat: 8.44g (12.98%), Saturated Fat: 1.41g (8.79%), Carbohydrates: 12.34g (4.11%), Net Carbohydrates: 8.84g (3.21%), Sugar: 4.03g (4.48%), Cholesterol: 72.57mg (24.19%), Sodium: 930.36mg (40.45%), Alcohol: 1.54g (100%), Alcohol %: 0.49% (100%), Protein: 26.65g (53.29%), Vitamin K: 172.91µg (164.67%), Vitamin B3: 12.49mg (62.45%), Selenium: 37.09µg (52.98%), Vitamin C: 40.99mg (49.68%), Vitamin B6: 0.97mg (48.62%), Vitamin A: 2230.76IU (44.62%), Phosphorus: 279.06mg (27.91%), Potassium: 726.34mg (20.75%), Vitamin B5: 1.82mg (18.17%), Fiber: 3.5g (13.99%), Magnesium: 47.71mg (11.93%), Manganese: 0.23mg (11.26%), Folate: 43.48µg (10.87%), Vitamin E: 1.58mg (10.53%), Iron: 1.83mg (10.17%), Vitamin B2: 0.17mg (9.78%), Vitamin B1: 0.13mg (8.8%), Zinc: 0.97mg (6.44%), Copper: 0.12mg (6.15%), Calcium: 45.18mg (4.52%), Vitamin B12: 0.23µg (3.78%)