



Cold Chicken and Rice Salad

 **Gluten Free**  **Dairy Free**

READY IN



70 min.

SERVINGS



4

CALORIES



345 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.8 teaspoon pepper black divided
- 0.3 cup celery diced
- 0.3 cup cranberries dried
- 0.3 cup spring onion thinly sliced
- 0.3 cup spring onion thinly sliced
- 3 tablespoons juice of lemon fresh
- 4 lemon wedges
- 12 leaf curly kale leaves green

- 2 tablespoons olive oil
- 0.3 cup pimiento stuffed olives chopped
- 0.3 cup bell pepper diced red
- 0.8 cup rice long-grain uncooked
- 0.8 teaspoon salt divided
- 12 ounce chicken breast halves boneless skinless

Equipment

- bowl
- frying pan
- oven
- whisk

Directions

- Preheat oven to 400.
- Sprinkle chicken with 1/4 teaspoon salt and 1/2 teaspoon pepper.
- Heat a medium ovenproof skillet over medium-high heat. Coat pan with cooking spray.
- Add chicken to pan; cook 3 minutes. Turn chicken over.
- Place pan in oven; bake at 400 for 8 minutes or until done.
- Remove chicken from pan, and let stand for 5 minutes. Shred chicken, and chill for 30 minutes.
- Cook rice according to package directions, omitting salt and fat. Coat a jelly-roll pan with cooking spray.
- Spread rice in an even layer in pan; chill for 30 minutes.
- Combine remaining 1/2 teaspoon salt, remaining 1/4 teaspoon pepper, juice, and oil in a large bowl, stirring with a whisk.
- Add chicken, rice, cranberries, and next 5 ingredients (through lettuce) to juice mixture in bowl, and toss gently. Divide the rice mixture evenly among 4 plates, and sprinkle with green onion tops.
- Serve with lemon wedges.

Nutrition Facts

PROTEIN 24.52% FAT 28.46% CARBS 47.02%

Properties

Glycemic Index:61.67, Glycemic Load:17.37, Inflammation Score:-7, Nutrition Score:16.66043491208%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Eriodictyol: 4.39mg, Eriodictyol: 4.39mg, Eriodictyol: 4.39mg, Eriodictyol: 4.39mg Hesperetin: 6.65mg, Hesperetin: 6.65mg, Hesperetin: 6.65mg, Hesperetin: 6.65mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg

Nutrients (% of daily need)

Calories: 345.18kcal (17.26%), Fat: 10.99g (16.91%), Saturated Fat: 1.72g (10.75%), Carbohydrates: 40.87g (13.62%), Net Carbohydrates: 38.31g (13.93%), Sugar: 8.95g (9.94%), Cholesterol: 54.43mg (18.14%), Sodium: 677.5mg (29.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.31g (42.63%), Vitamin B3: 9.72mg (48.61%), Selenium: 32.82µg (46.89%), Vitamin B6: 0.76mg (38.16%), Vitamin K: 37.88µg (36.08%), Vitamin C: 29.68mg (35.97%), Manganese: 0.52mg (25.85%), Phosphorus: 233.44mg (23.34%), Vitamin B5: 1.7mg (17%), Vitamin A: 732.05IU (14.64%), Potassium: 481.02mg (13.74%), Vitamin E: 2.03mg (13.52%), Fiber: 2.56g (10.23%), Magnesium: 39.59mg (9.9%), Vitamin B2: 0.14mg (7.96%), Copper: 0.14mg (7.23%), Vitamin B1: 0.11mg (7.16%), Zinc: 0.99mg (6.62%), Folate: 26.42µg (6.61%), Iron: 1.13mg (6.29%), Calcium: 39.87mg (3.99%), Vitamin B12: 0.17µg (2.83%)