



HEALTH SCORE

15%

## Dairy Free Chicken Salad



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



487 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons olive oil
- 1.5 pounds chicken tenderloins boneless skinless
- 0.3 teaspoon pepper
- 0.3 teaspoon salt
- 0.5 teaspoon paprika
- 3 eggs whole boiled
- 0.5 cup dill pickles chopped
- 0.5 cup veganaise

- 1 tablespoon juice of lemon
- 0.3 teaspoon lawry's seasoned salt to taste

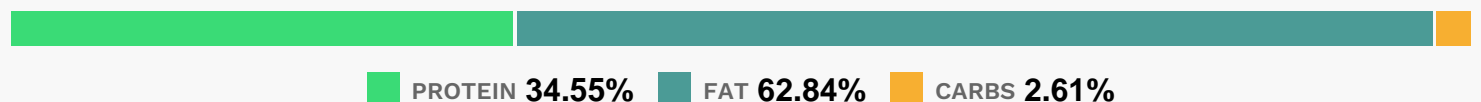
## Equipment

- bowl
- frying pan
- pot
- kitchen timer
- cutting board

## Directions

- Thaw the chicken if needed. Then, add the olive oil to a large skillet and bring to medium heat.
- Add the chicken to the skillet and season with paprika, salt, and pepper. Turn every few minutes and cook until chicken is cooked through and juices run clear.
- Remove the chicken and place on a large cutting board. Using 2 forks, shred the chicken and place in a large bowl.
- If you havent already, boil the eggs. Want to know the perfect method for boiling eggs??? Just cover the eggs with cold water in a large pot. Then place pot over medium-high heat. As soon as it starts boiling set your timer for 7 minutes. Done!
- Peel and chop up your eggs, then place them in the bowl with your shredded chicken.
- Now chop up your dill pickles and throw them in the bowl as well.
- Add the Veganaise, lemon juice, and seasoned salt. Toss to combine.
- Serve with your favorite bread.

## Nutrition Facts



## Properties

Glycemic Index:11.75, Glycemic Load:0.02, Inflammation Score:-4, Nutrition Score:20.243043478261%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## **Nutrients (% of daily need)**

Calories: 487.01kcal (24.35%), Fat: 32.67g (50.26%), Saturated Fat: 4.97g (31.09%), Carbohydrates: 3.06g (1.02%), Net Carbohydrates: 2.75g (1%), Sugar: 0.47g (0.52%), Cholesterol: 231.62mg (77.21%), Sodium: 839.54mg (36.5%), Protein: 40.42g (80.83%), Selenium: 64.59µg (92.27%), Vitamin B3: 17.82mg (89.08%), Vitamin B6: 1.34mg (67.18%), Phosphorus: 426.69mg (42.67%), Vitamin B5: 2.95mg (29.52%), Potassium: 706.27mg (20.18%), Vitamin B2: 0.34mg (19.7%), Magnesium: 50.33mg (12.58%), Vitamin E: 1.78mg (11.86%), Vitamin B12: 0.63µg (10.56%), Zinc: 1.45mg (9.65%), Vitamin B1: 0.13mg (8.82%), Vitamin A: 385.98IU (7.72%), Vitamin K: 8.06µg (7.68%), Iron: 1.36mg (7.54%), Folate: 24.64µg (6.16%), Vitamin D: 0.83µg (5.53%), Vitamin C: 3.87mg (4.69%), Copper: 0.08mg (3.93%), Calcium: 38.24mg (3.82%), Manganese: 0.06mg (3.21%), Fiber: 0.31g (1.24%)