



Date and Chicken Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon cayenne
- ☐ 1 head fennel bulb ()
- ☐ 10 medjool dates (2 in. long)
- ☐ 4 servings salt
- ☐ 0.3 cup seasoned rice vinegar
- ☐ 0.5 pound tangerines (see notes)
- ☐ 2 cups boned shredded cooked

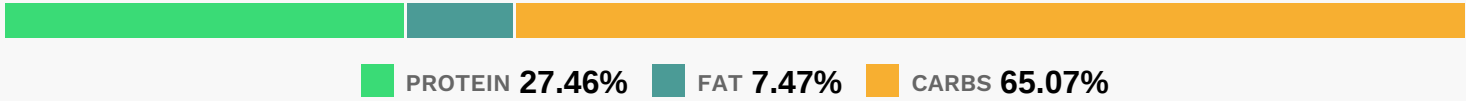
Equipment

☐ bowl

Directions

- ☐ Trim stalks from fennel. Rinse feathery green leaves; chop enough to measure 2 to 3 tablespoons and save a few others for garnish. Discard remaining leaves and stalks. Trim root end, any bruised areas, and coarse fibers from fennel head. Rinse head and cut into paper-thin slices. In a bowl, combine chopped leaves, sliced fennel, and chicken.
- ☐ Cut dates lengthwise into 1/2-inch-wide slices; discard pits.
- ☐ Add dates to bowl.
- ☐ Rinse tangerines and cut in half crosswise. Ream juice from 1/2 the fruit and add to bowl.
- ☐ Cut remaining tangerines (including peel) vertically into paper-thin slices, discarding seeds; add to bowl, along with vinegar and oil.
- ☐ Sprinkle mixture with cayenne, mix gently, and spoon onto plates.
- ☐ Garnish with a few of the reserved green fennel leaves.
- ☐ Add salt to taste.

Nutrition Facts



Properties

Glycemic Index:42.25, Glycemic Load:3.86, Inflammation Score:-6, Nutrition Score:17.299130479927%

Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Hesperetin: 4.5mg, Hesperetin: 4.5mg, Hesperetin: 4.5mg, Hesperetin: 4.5mg Naringenin: 5.68mg, Naringenin: 5.68mg, Naringenin: 5.68mg, Naringenin: 5.68mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 334.11kcal (16.71%), Fat: 2.9g (4.47%), Saturated Fat: 0.79g (4.91%), Carbohydrates: 56.87g (18.96%), Net Carbohydrates: 49.98g (18.18%), Sugar: 48.21g (53.57%), Cholesterol: 59.5mg (19.83%), Sodium: 278.21mg (12.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24g (48%), Vitamin B3: 11.16mg (55.81%), Vitamin K: 38.67µg (36.83%), Vitamin B6: 0.64mg (32.21%), Selenium: 19.9µg (28.43%), Fiber: 6.89g (27.55%), Vitamin C: 22.25mg (26.97%), Potassium: 936.09mg (26.75%), Phosphorus: 238.61mg (23.86%), Magnesium: 69.86mg (17.46%), Manganese: 0.34mg (16.9%), Copper: 0.32mg (15.79%), Vitamin B5: 1.42mg (14.17%), Vitamin A: 620.62IU (12.41%),

Calcium: 100.12mg (10.01%), Iron: 1.8mg (9.99%), Folate: 36.8µg (9.2%), Vitamin B2: 0.16mg (9.18%), Vitamin B1: 0.12mg (7.88%), Zinc: 1.13mg (7.51%), Vitamin E: 0.68mg (4.53%), Vitamin B12: 0.24µg (3.97%)