



Dressy Artichoke Chicken Salad

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



161 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bags the salad washed
- 6 servings pepper black freshly ground
- 1 meat from a rotisserie chicken shredded
- 1 cup mozzarella fresh crumbled cubed
- 1 cup marinated artichoke drained chopped
- 3 tablespoons olive oil extra virgin extra-virgin crushed (or blend 2 tablespoons olive oil, 2 teaspoons red wine vinegar, and 1 garlic clove)

Equipment

Directions

- Toss the shredded meat from 1 roasted chicken with 3 tablespoons good-quality purchased vinaigrette (or blend 2 tablespoons extra-virgin olive oil, 2 teaspoons red wine vinegar, and 1 crushed garlic clove), plus 1 cup drained and chopped marinated artichoke hearts, and 1 cup cubed fresh mozzarella or crumbled fresh goat cheese.
- Serve over washed baby greens (2 bags should be enough). Season with freshly ground black pepper.

Nutrition Facts

PROTEIN 12.31% **FAT 79.31%** **CARBS 8.38%**

Properties

Glycemic Index:9.83, Glycemic Load:0.12, Inflammation Score:-7, Nutrition Score:4.890000021976%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 160.93kcal (8.05%), Fat: 14.2g (21.85%), Saturated Fat: 3.76g (23.5%), Carbohydrates: 3.37g (1.12%), Net Carbohydrates: 2.68g (0.98%), Sugar: 0.53g (0.58%), Cholesterol: 14.75mg (4.92%), Sodium: 253.83mg (11.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.96g (9.92%), Vitamin C: 15.89mg (19.26%), Vitamin A: 895.53IU (17.91%), Calcium: 106.43mg (10.64%), Phosphorus: 81.19mg (8.12%), Vitamin B12: 0.43µg (7.09%), Vitamin E: 1.04mg (6.96%), Selenium: 3.33µg (4.76%), Vitamin K: 4.81µg (4.58%), Vitamin B2: 0.07mg (4.25%), Zinc: 0.63mg (4.18%), Folate: 15.51µg (3.88%), Manganese: 0.07mg (3.74%), Iron: 0.61mg (3.4%), Fiber: 0.69g (2.77%), Potassium: 81.52mg (2.33%), Magnesium: 8.12mg (2.03%), Vitamin B6: 0.04mg (1.89%), Vitamin B3: 0.23mg (1.16%), Vitamin B1: 0.02mg (1.15%), Copper: 0.02mg (1.13%)