



## Feel-Good Chicken, Cannellini Bean, and Artichoke Salad

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



334 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 6 ounce water-packed artichoke hearts rinsed drained chopped
- 4 butterhead lettuce leaves
- 15 ounce .5 can cannellini beans low-sodium rinsed drained canned
- 1.5 teaspoons garnish: dill fresh chopped
- 1 tablespoon optional: dill fresh chopped
- 2 garlic cloves finely minced
- 0.5 teaspoon ground turmeric

- 2 tablespoons juice of lemon fresh
- 3 tablespoons mayonnaise light
- 2 tablespoons olive oil
- 0.3 teaspoon pepper
- 0.5 teaspoon pepper
- 1 large onion red chopped
- 0.5 teaspoon salt
- 12 ounces chicken breast diced boneless skinless

## Equipment

- bowl
- frying pan
- whisk

## Directions

- Heat olive oil in a large skillet over medium-high heat for 1 minute.
- Add onion to pan; cook until soft (4-5 minutes).
- Add garlic to pan; cook 2 minutes.
- Add chicken, 1/2 teaspoon salt, and 1/4 teaspoon pepper to pan; saut until cooked through (3-4 minutes).
- Transfer to a plate to cool.
- Combine mayonnaise, lemon juice, 1 tablespoon chopped fresh dill, turmeric, 1/2 teaspoon salt, and 1/2 teaspoon pepper in a large bowl; whisk well.
- Add cannellini beans, artichoke hearts, and chicken mixture to bowl, stirring to combine. Chill 1 hour.
- Place chicken salad evenly into butterhead lettuce leaves; garnish with 1 1/2 teaspoons chopped fresh dill.

## Nutrition Facts



■ PROTEIN 32.24% ■ FAT 32.35% ■ CARBS 35.41%

## Properties

Glycemic Index:46.75, Glycemic Load:6.16, Inflammation Score:-9, Nutrition Score:19.541304269563%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.44mg, Isorhamnetin: 1.44mg, Isorhamnetin: 1.44mg, Isorhamnetin: 1.44mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg

## Nutrients (% of daily need)

Calories: 333.55kcal (16.68%), Fat: 11.97g (18.41%), Saturated Fat: 1.92g (12.03%), Carbohydrates: 29.47g (9.82%), Net Carbohydrates: 22.88g (8.32%), Sugar: 2.53g (2.81%), Cholesterol: 56.11mg (18.7%), Sodium: 641.08mg (27.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.83g (53.66%), Vitamin B3: 9.11mg (45.57%), Selenium: 29.67µg (42.38%), Vitamin B6: 0.79mg (39.51%), Manganese: 0.72mg (35.96%), Phosphorus: 294.09mg (29.41%), Vitamin K: 29.23µg (27.84%), Fiber: 6.59g (26.38%), Potassium: 902.62mg (25.79%), Folate: 91.01µg (22.75%), Iron: 3.97mg (22.08%), Magnesium: 83.27mg (20.82%), Vitamin E: 2.3mg (15.31%), Vitamin B5: 1.5mg (14.96%), Copper: 0.3mg (14.87%), Vitamin B1: 0.18mg (12.28%), Zinc: 1.81mg (12.04%), Vitamin A: 543.46IU (10.87%), Calcium: 99.88mg (9.99%), Vitamin C: 7.16mg (8.68%), Vitamin B2: 0.15mg (8.56%), Vitamin B12: 0.17µg (2.83%)