



Fried-Chicken Salad



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



217 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 stalk celery finely chopped
- ☐ 8 pieces chicken (with skin) taken off the bone
- ☐ 1 tablespoon dijon mustard
- ☐ 1.5 cups ears corn fresh
- ☐ 1 tablespoon kosher salt
- ☐ 1.5 cups lima beans *soaked overnight frozen thawed
- ☐ 6 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.5 teaspoon pepper freshly ground

- ☐ 3 tablespoons red wine vinegar
- ☐ 2 bunches watercress

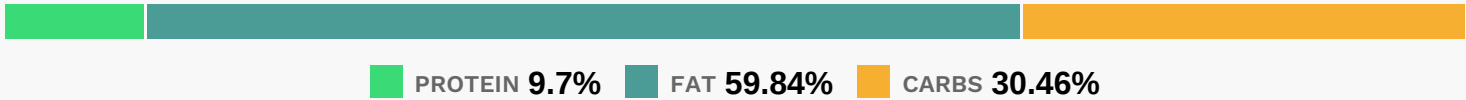
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ To make the vinaigrette, whisk together the mustard, vinegar, olive oil, salt, and pepper in a small bowl. Set aside.In a small saucepan, boil 1 cup water. Cook the corn until tender, 2 to 3 minutes.
- ☐ Drain and let cool. In a bowl, combine the corn with the red pepper, celery, and lima beans. Toss with half the vinaigrette.Toss the watercress with the remaining vinaigrette. Divide it among 6 large bowls. Just before serving, spoon some of the vegetable mixture over each salad and top with several pieces of chicken.

Nutrition Facts



Properties

Glycemic Index:26.58, Glycemic Load:2.13, Inflammation Score:-5, Nutrition Score:8.676087041102%

Flavonoids

Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 1.93mg, Kaempferol: 1.93mg, Kaempferol: 1.93mg, Kaempferol: 1.93mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg

Nutrients (% of daily need)

Calories: 217.07kcal (10.85%), Fat: 14.98g (23.04%), Saturated Fat: 2.16g (13.52%), Carbohydrates: 17.16g (5.72%), Net Carbohydrates: 12.84g (4.67%), Sugar: 3.77g (4.19%), Cholesterol: 1mg (0.33%), Sodium: 1207.21mg (52.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.46g (10.93%), Vitamin K: 32.59µg (31.04%), Manganese: 0.37mg (18.36%), Fiber: 4.31g (17.25%), Vitamin E: 2.24mg (14.95%), Folate: 57.67µg (14.42%), Potassium: 393.26mg (11.24%), Vitamin B1: 0.15mg (9.76%), Phosphorus: 96.56mg (9.66%), Magnesium: 38.19mg (9.55%), Iron: 1.53mg

(8.51%), Vitamin C: 6.32mg (7.67%), Vitamin A: 368.19IU (7.36%), Copper: 0.15mg (7.26%), Vitamin B6: 0.13mg (6.6%), Vitamin B5: 0.52mg (5.22%), Selenium: 3.49µg (4.98%), Vitamin B3: 0.98mg (4.92%), Zinc: 0.67mg (4.48%), Vitamin B2: 0.06mg (3.71%), Calcium: 25.15mg (2.52%)