



Greek Chicken Salad

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



272 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.3 oz olives black drained sliced canned
- ☐ 16 oz garbanzo beans drained and rinsed canned
- ☐ 4 cups chicken breast strips/pre-cooked/chopped cooked chopped
- ☐ 1 cucumber halved thinly sliced
- ☐ 0.3 cup feta cheese crumbled
- ☐ 1 cup grape tomatoes halved
- ☐ 1 teaspoon lemon zest
- ☐ 1 tablespoon oregano fresh chopped

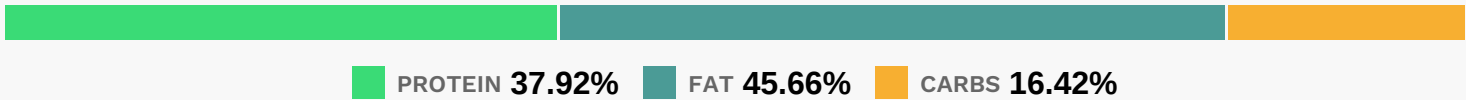
- ☐ 0.3 cup onion diced red
- ☐ 0.5 cup balsamic vinaigrette salad dressing

Equipment

Directions

- ☐ Combine Greek vinaigrette, oregano, and lemon zest.
- ☐ Add cucumber, chicken, grape tomatoes, chickpeas, black olives, and onion. Chill 1 hour.
- ☐ Add feta cheese.

Nutrition Facts



Properties

Glycemic Index:19.04, Glycemic Load:2.55, Inflammation Score:-7, Nutrition Score:14.141304360784%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 271.83kcal (13.59%), Fat: 13.79g (21.22%), Saturated Fat: 3.05g (19.08%), Carbohydrates: 11.16g (3.72%), Net Carbohydrates: 7.51g (2.73%), Sugar: 1.76g (1.96%), Cholesterol: 63.67mg (21.22%), Sodium: 389.52mg (16.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.77g (51.54%), Vitamin B3: 9.9mg (49.5%), Vitamin B6: 0.76mg (37.98%), Selenium: 21.58µg (30.83%), Manganese: 0.57mg (28.27%), Phosphorus: 236.31mg (23.63%), Vitamin K: 23.93µg (22.79%), Fiber: 3.65g (14.6%), Magnesium: 46.32mg (11.58%), Potassium: 381.5mg (10.9%), Iron: 1.87mg (10.41%), Vitamin B5: 1.01mg (10.14%), Vitamin E: 1.45mg (9.66%), Zinc: 1.35mg (9.02%), Copper: 0.18mg (8.83%), Vitamin B2: 0.15mg (8.63%), Calcium: 76.56mg (7.66%), Folate: 29.54µg (7.38%), Vitamin B1: 0.1mg (6.59%), Vitamin C: 4.64mg (5.62%), Vitamin A: 267.36IU (5.35%), Vitamin B12: 0.32µg (5.29%)