

Greek Chicken Salad with Mint Vinaigrette

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



225 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons juice of lemon
- 1 tablespoons vegetable oil
- 1.5 teaspoons mint leaves dried fresh chopped
- 0.5 teaspoon salt
- 0.1 teaspoon pepper
- 1 small clove garlic finely chopped
- 6 cups the salad assorted
- 2 cups roasted chicken cooked

- 0.3 cup feta cheese crumbled
- 1 medium tomatoes cut into wedges
- 0.5 cucumber seeded cut into 1/4-inch slices
- 0.5 bell pepper green coarsely chopped
- 2 tablespoons spring onion sliced
- 12 olives pitted ripe

Equipment

- bowl

Directions

- In tightly covered container, shake all vinaigrette ingredients until well blended.
- In large bowl, mix all salad ingredients.
- Add vinaigrette; toss to mix.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:0.69, Inflammation Score:-7, Nutrition Score:14.244782700487%

Flavonoids

Eriodictyol: 0.56mg, Eriodictyol: 0.56mg, Eriodictyol: 0.56mg, Eriodictyol: 0.56mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 224.83kcal (11.24%), Fat: 12.79g (19.68%), Saturated Fat: 3.73g (23.29%), Carbohydrates: 6.86g (2.29%), Net Carbohydrates: 5.44g (1.98%), Sugar: 2.11g (2.34%), Cholesterol: 63.63mg (21.21%), Sodium: 691.96mg (30.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.93g (41.85%), Vitamin C: 36.46mg (44.19%), Vitamin B3: 6.3mg (31.5%), Selenium: 19.62µg (28.03%), Vitamin B6: 0.49mg (24.27%), Vitamin A: 1180.98IU (23.62%), Phosphorus: 221.92mg (22.19%), Vitamin K: 19.2µg (18.29%), Vitamin B2: 0.26mg (15.51%), Potassium:

450.18mg (12.86%), Zinc: 1.72mg (11.45%), Folate: 45.66µg (11.41%), Manganese: 0.21mg (10.6%), Vitamin B5: 1.03mg (10.31%), Calcium: 98.62mg (9.86%), Iron: 1.66mg (9.21%), Magnesium: 35.97mg (8.99%), Vitamin B1: 0.12mg (8.04%), Copper: 0.15mg (7.53%), Vitamin B12: 0.41µg (6.9%), Vitamin E: 1.02mg (6.83%), Fiber: 1.43g (5.71%)