



Greek Yogurt Chicken Salad

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup cashew pieces roughly chopped
- 1 pound chicken breast strips/pre-cooked/chopped cubed cooked
- 0.3 cup craisins (raisins work, too)
- 2 teaspoon dijon mustard
- 4 servings garlic powder
- 0.5 cup greek yogurt plain
- 4 servings salt

Equipment

whisk

Directions

- Start by cooking some chicken breasts. I like boiling them in chicken broth or stock, but feel free to boil in water, too. Boiling the chicken in broth, however, will give it significantly more flavor. Bring the chicken broth/stock to a boil and put in whole chicken breasts. Cook until no pink remains. Depending on the size of the chicken breasts, this could take anywhere from 15 - 20 minutes. While the chicken is boiling, put together your sauce.
- Whisk together greek yogurt, dijon mustard, and garlic powder together until well mixed.
- Add in salt and pepper, to taste. Next, stir in dried cranberries or raisins and cashews. If you're worried about the cashews getting too soft, you could add them right before serving! After the chicken is done boiling, I like to let it rest for about 5 minutes. This ensures that the juice stays in the chicken instead of spilling out when you cut it! Dice up the chicken and mix it into the sauce.
- Serve.

Nutrition Facts

 **PROTEIN 49.48%**  **FAT 30.8%**  **CARBS 19.72%**

Properties

Glycemic Index:15.55, Glycemic Load:1.2, Inflammation Score:-4, Nutrition Score:17.143913043478%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Taste

Sweetness: 26.87%, Saltiness: 100%, Sourness: 15.09%, Bitterness: 17.26%, Savoriness: 70.28%, Fattiness: 68.29%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 334.09kcal (16.7%), Fat: 11.43g (17.58%), Saturated Fat: 2.45g (15.31%), Carbohydrates: 16.46g (5.49%), Net Carbohydrates: 15.01g (5.46%), Sugar: 9.21g (10.24%), Cholesterol: 97.64mg (32.55%), Sodium: 318.44mg (13.85%), Protein: 41.31g (82.62%), Vitamin B3: 15.87mg (79.33%), Selenium: 38.61µg (55.16%), Vitamin B6: 0.82mg (40.94%), Phosphorus: 404.1mg (40.41%), Copper: 0.44mg (21.91%), Magnesium: 86.64mg (21.66%), Manganese: 0.36mg

(17.77%), Zinc: 2.31mg (15.43%), Iron: 2.52mg (14.02%), Vitamin B5: 1.37mg (13.68%), Potassium: 476.5mg (13.61%), Vitamin B2: 0.22mg (12.8%), Vitamin B1: 0.17mg (11.48%), Vitamin B12: 0.56µg (9.34%), Vitamin K: 6.66µg (6.34%), Fiber: 1.45g (5.78%), Calcium: 55.7mg (5.57%), Vitamin E: 0.69mg (4.63%), Folate: 11.9µg (2.98%)