



Green Goddess Chicken Salad

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



678 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup basil leaves packed
- ☐ 3 rib inner celery with leaves, thinly sliced
- ☐ 2 tablespoons chives snipped
- ☐ 1 pound ciabatta bread for another use, bread cut into 1-inch cubes
- ☐ 0.3 cup optional: dill coarsely chopped
- ☐ 0.5 cup flat-leaf parsley leaves packed
- ☐ 1 garlic clove
- ☐ 0.5 cup kalamata olives pitted halved

- ☐ 6 servings kosher salt and pepper freshly ground
- ☐ 2.5 tablespoons juice of lemon fresh
- ☐ 0.8 cup mayonnaise
- ☐ 2 oil-packed anchovies drained
- ☐ 1 tablespoon oregano leaves
- ☐ 8 piquillo peppers and lengthwise drained quartered
- ☐ 2 pound rotisserie chicken cut

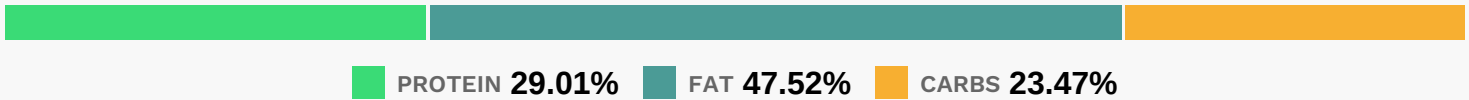
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ In a food processor, pulse the anchovies, garlic, parsley, basil, dill and oregano until coarsely chopped.
- ☐ Add the mayonnaise and lemon juice and process until smooth. Fold in the chives; season with salt and pepper.
- ☐ In a large bowl, toss the ciabatta with the chicken, piquillo peppers, celery and olives.
- ☐ Add the dressing and toss to coat. Season with salt and pepper and serve.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:0.22, Inflammation Score:-8, Nutrition Score:9.3886957013089%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg

0.44mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 678.41kcal (33.92%), Fat: 35.81g (55.09%), Saturated Fat: 7.14g (44.64%), Carbohydrates: 39.78g (13.26%), Net Carbohydrates: 37.94g (13.8%), Sugar: 1.18g (1.31%), Cholesterol: 158.04mg (52.68%), Sodium: 1569.27mg (68.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.19g (98.38%), Vitamin K: 139.57µg (132.93%), Vitamin C: 27.68mg (33.56%), Vitamin A: 1015.08IU (20.3%), Vitamin E: 1.6mg (10.68%), Iron: 1.47mg (8.14%), Fiber: 1.84g (7.37%), Manganese: 0.1mg (5.15%), Folate: 17.6µg (4.4%), Calcium: 39.76mg (3.98%), Selenium: 1.79µg (2.55%), Magnesium: 9.88mg (2.47%), Potassium: 85.92mg (2.45%), Copper: 0.05mg (2.36%), Vitamin B3: 0.45mg (2.27%), Vitamin B6: 0.04mg (1.88%), Phosphorus: 17.64mg (1.76%), Vitamin B2: 0.03mg (1.75%), Zinc: 0.2mg (1.31%), Vitamin B5: 0.12mg (1.16%), Vitamin B1: 0.02mg (1.12%)