



Herbal Chicken Salad Sandwiches

READY IN



110 min.

SERVINGS



4

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons natural almonds sliced
- 1 cup baby salad greens mixed packed
- 2 tablespoons basil fresh thinly sliced
- 1 tablespoon tarragon fresh finely chopped
- 3 tablespoons greek yogurt plain fat-free
- 4 servings kosher salt
- 3 tablespoons mayonnaise
- 0.3 cup onion diced red finely
- 8 slices cocktail rye bread

- 12 ounce chicken breasts boneless skinless cut into small bite-size cubes
- 4 jasmine tea bags green
- 1.5 teaspoons balsamic vinegar white

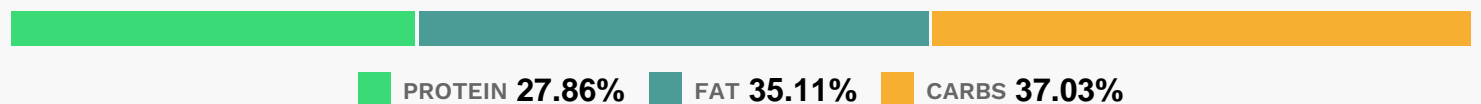
Equipment

- bowl
- frying pan
- sauce pan

Directions

- Bring 4 cups of water to a boil in a large saucepan. Turn off the heat, add the tea bags and let steep for 5 minutes.
- Remove the tea bags and bring back to a rolling boil. Stir in 1/2 teaspoon salt and the chicken. Cover, reduce the heat to low and poach until fully cooked, about 7 minutes.
- Drain and transfer the chicken to a small bowl to cool to room temperature.
- Stir together the onions, mayonnaise, yogurt, basil, tarragon, vinegar and 1/2 teaspoon salt in a large bowl. Stir in the cooled chicken, cover and refrigerate for at least 1 hour to allow the flavors to combine.
- Toast the almonds in a dry skillet over medium heat, stirring constantly, until golden, 3 to 4 minutes.
- Divide the chicken among 4 of the bread slices, and top with the almonds, salad greens and the remaining bread slices.
- Cut in half and serve.

Nutrition Facts



Properties

Glycemic Index:82.33, Glycemic Load:15.28, Inflammation Score:-6, Nutrition Score:20.939565344997%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 383.9kcal (19.2%), Fat: 14.86g (22.86%), Saturated Fat: 2.35g (14.71%), Carbohydrates: 35.25g (11.75%), Net Carbohydrates: 30.54g (11.11%), Sugar: 3.96g (4.4%), Cholesterol: 59.4mg (19.8%), Sodium: 753.83mg (32.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.53g (53.05%), Selenium: 48.74µg (69.63%), Vitamin B3: 11.74mg (58.72%), Manganese: 0.84mg (42.09%), Vitamin B6: 0.77mg (38.38%), Phosphorus: 314.32mg (31.43%), Vitamin B2: 0.42mg (24.87%), Vitamin B1: 0.36mg (23.99%), Folate: 89.02µg (22.26%), Vitamin K: 22.26µg (21.2%), Fiber: 4.71g (18.84%), Magnesium: 71.93mg (17.98%), Iron: 3.04mg (16.91%), Potassium: 570.14mg (16.29%), Vitamin B5: 1.6mg (16.03%), Vitamin E: 2.01mg (13.39%), Copper: 0.22mg (11.2%), Zinc: 1.58mg (10.51%), Calcium: 104.45mg (10.44%), Vitamin C: 5.64mg (6.83%), Vitamin A: 277.44IU (5.55%), Vitamin B12: 0.26µg (4.36%)