



Italian Chicken Salad

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



258 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 ounce artichoke hearts drained quartered canned
- 0.3 teaspoon pepper black freshly ground
- 0.5 teaspoon bottled garlic minced
- 3 cups chicken breast cubed cooked
- 0.5 teaspoon basil dried
- 2 tablespoons parsley fresh finely chopped
- 1 tablespoon juice of lemon fresh
- 1 tablespoon olive oil

- 10 olives pitted ripe halved
- 1 teaspoon oregano dried
- 1 cup bell pepper red finely chopped
- 1 tablespoon red wine vinegar
- 0.1 teaspoon salt
- 0.5 teaspoon sugar

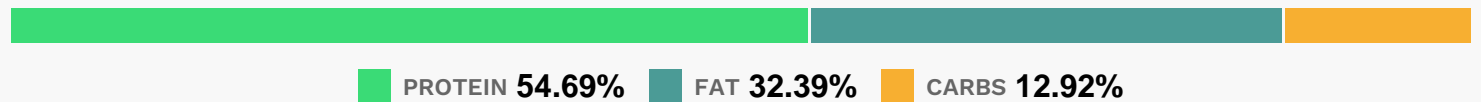
Equipment

- bowl
- whisk

Directions

- To prepare dressing, combine first 7 ingredients in a medium bowl, stirring with a whisk.
- To prepare salad, combine chicken and remaining ingredients in a large bowl.
- Pour dressing over salad, and toss gently to combine.

Nutrition Facts



Properties

Glycemic Index:50.27, Glycemic Load:0.92, Inflammation Score:-9, Nutrition Score:18.708260803119%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 258.32kcal (12.92%), Fat: 8.95g (13.77%), Saturated Fat: 1.79g (11.16%), Carbohydrates: 8.03g (2.68%), Net Carbohydrates: 5.01g (1.82%), Sugar: 3.02g (3.36%), Cholesterol: 89.25mg (29.75%), Sodium: 676.11mg (29.4%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.01g (68.01%), Vitamin B3: 14.85mg (74.25%), Vitamin C: 52.02mg (63.05%), Selenium: 29.24µg (41.77%), Vitamin K: 42.65µg (40.62%), Vitamin B6: 0.76mg (38%), Vitamin A: 1406.53IU (28.13%), Phosphorus: 253.48mg (25.35%), Vitamin E: 1.88mg (12.56%), Fiber: 3.02g (12.09%), Vitamin B5: 1.16mg (11.58%), Potassium: 381.82mg (10.91%), Magnesium: 40.01mg (10%), Iron: 1.78mg (9.91%), Vitamin B2: 0.16mg (9.4%), Zinc: 1.2mg (8.02%), Folate: 27.04µg (6.76%), Vitamin B1: 0.1mg (6.71%), Manganese: 0.13mg (6.44%), Vitamin B12: 0.36µg (5.95%), Copper: 0.08mg (4.16%), Calcium: 39.32mg (3.93%)