



Italian Chicken Salad

READY IN



35 min.

SERVINGS



4

CALORIES



467 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon pepper black
- 1 cup baby mozzarella balls fresh (small mozzarella balls; 6 oz)
- 4 cups bread crumbs italian () (from a 1/2-lb crusty round loaf)
- 2 cups chicken shredded cooked ()
- 2 teaspoons dijon mustard
- 2 baby greens ()
- 5 oz oil-cured olives assorted
- 0.5 cup olive oil extra virgin extra-virgin
- 0.3 cup red-wine vinegar

- 8 oz roasted peppers red rinsed drained cut lengthwise into 1/4-inch-wide strips
- 0.3 teaspoon salt
- 2 tablespoons shallots finely chopped
- 1 teaspoon sugar

Equipment

- bowl
- frying pan
- oven
- whisk
- baking pan

Directions

- Put oven rack in middle position and preheat oven to 400°F.
- Toss bread cubes with oil and salt in a large shallow baking pan and spread in 1 layer.
- Bake, turning over once, until golden and crisp, about 8 minutes. Cool in pan on a rack.
- Whisk together all vinaigrette ingredients except oil in a small bowl until combined.
- Add oil in a slow stream, whisking until emulsified.
- Toss chicken and bocconcini together with 1/4 cup vinaigrette in a bowl and let stand 10 minutes to allow flavors to develop.
- Toss together romaine, red peppers, olives, chicken and bocconcini mixture, croutons, and remaining vinaigrette in a large bowl until combined.

Nutrition Facts



PROTEIN 22.01% FAT 59.29% CARBS 18.7%

Properties

Glycemic Index:41.02, Glycemic Load:0.92, Inflammation Score:-10, Nutrition Score:20.771304337875%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 466.54kcal (23.33%), Fat: 31.13g (47.89%), Saturated Fat: 9.94g (62.11%), Carbohydrates: 22.1g (7.37%), Net Carbohydrates: 17.8g (6.47%), Sugar: 10.94g (12.16%), Cholesterol: 61.5mg (20.5%), Sodium: 1682.44mg (73.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.01g (52.01%), Vitamin A: 5386.27IU (107.73%), Vitamin K: 61.84µg (58.89%), Vitamin B3: 7.37mg (36.87%), Vitamin C: 29.11mg (35.28%), Folate: 110µg (27.5%), Selenium: 18.85µg (26.93%), Vitamin B6: 0.46mg (22.99%), Phosphorus: 181.46mg (18.15%), Fiber: 4.3g (17.2%), Calcium: 162.75mg (16.27%), Iron: 2.82mg (15.64%), Vitamin E: 2.21mg (14.75%), Potassium: 485.49mg (13.87%), Manganese: 0.23mg (11.52%), Vitamin B2: 0.19mg (11.08%), Vitamin B1: 0.15mg (10.18%), Magnesium: 40.46mg (10.12%), Copper: 0.19mg (9.6%), Zinc: 1.41mg (9.39%), Vitamin B5: 0.81mg (8.13%), Vitamin B12: 0.2µg (3.38%)