



Italian Style Chicken Salad

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

READY IN



35 min.

SERVINGS



6

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bunch arugula
- 3 stalks celery thinly sliced
- 1 bulb fennel cored cut into thin slices
- 0.5 cup parsley fresh chopped
- 3 cloves garlic minced
- 6 servings salt and ground pepper black to taste
- 2 juice of lemon juiced
- 1 lemon zest

- 0.5 cup mayonnaise
- 0.5 cup olive oil extra-virgin
- 1 onion red thinly sliced
- 2 pound roasted chicken cut into bite-size pieces

Equipment

- bowl
- frying pan

Directions

- Heat olive oil in a skillet over medium heat. Cook and stir garlic until softened and golden brown, 3 to 5 minutes.
- Stir in lemon juice; set aside to cool.
- Toss chicken, fennel, celery, red onion, and parsley together in a large bowl.
- Stir in the cooled garlic and olive oil, mayonnaise, lemon zest, salt, and black pepper.
- Arrange arugula on a serving platter; serve chicken salad on arugula.

Nutrition Facts



Properties

Glycemic Index:46.67, Glycemic Load:1.58, Inflammation Score:-8, Nutrition Score:22.533478425897%

Flavonoids

Eriodictyol: 0.91mg, Eriodictyol: 0.91mg, Eriodictyol: 0.91mg, Eriodictyol: 0.91mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 11.36mg, Apigenin: 11.36mg, Apigenin: 11.36mg, Apigenin: 11.36mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 1.73mg, Isorhamnetin: 1.73mg, Isorhamnetin: 1.73mg, Isorhamnetin: 1.73mg Kaempferol: 6.81mg, Kaempferol: 6.81mg, Kaempferol: 6.81mg, Kaempferol: 6.81mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg

Nutrients (% of daily need)

Calories: 445.14kcal (22.26%), Fat: 27.92g (42.95%), Saturated Fat: 5.5g (34.37%), Carbohydrates: 7.67g (2.56%), Net Carbohydrates: 5.17g (1.88%), Sugar: 3.42g (3.8%), Cholesterol: 121.24mg (40.41%), Sodium: 277.34mg (12.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.61g (79.21%), Vitamin K: 165.74µg (157.84%), Vitamin B3: 12.4mg (61.99%), Selenium: 38.37µg (54.81%), Vitamin B6: 0.72mg (36%), Phosphorus: 339.9mg (33.99%), Vitamin C: 21.76mg (26.38%), Vitamin A: 1086.45IU (21.73%), Potassium: 706.68mg (20.19%), Vitamin B5: 1.79mg (17.93%), Zinc: 2.63mg (17.53%), Vitamin B2: 0.28mg (16.46%), Iron: 2.89mg (16.05%), Folate: 57.77µg (14.44%), Magnesium: 55.25mg (13.81%), Manganese: 0.25mg (12.66%), Vitamin E: 1.55mg (10.35%), Fiber: 2.5g (10%), Calcium: 93.13mg (9.31%), Vitamin B1: 0.13mg (8.72%), Copper: 0.16mg (7.99%), Vitamin B12: 0.46µg (7.68%)