



Lapsang-Poached Chicken Salad

 Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 large chicken breasts
- ☐ 1.3 teaspoons ginger fresh grated
- ☐ 1 garlic clove minced
- ☐ 1 small apples i use 2 granny smith apples diced
- ☐ 0.8 cup mayonnaise light
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.3 cup bell pepper diced red
- ☐ 11 tablespoons soya sauce divided

- ☐ 2 tablespoons lapsang loose tea leaves
- ☐ 0.3 cup bell pepper diced yellow

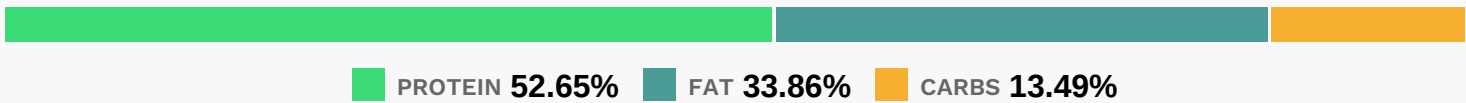
Equipment

- ☐ bowl
- ☐ dutch oven

Directions

- ☐ Place chicken and cold water to cover in a Dutch oven; add 9 tablespoons soy sauce and tea leaves. Bring to a boil over medium-high heat; reduce heat, and simmer 20 minutes.
- ☐ Remove chicken, and let stand 30 minutes to cool; roughly chop chicken.
- ☐ Stir together chicken, mayonnaise, and next 6 ingredients in a large bowl; stir in remaining 2 tablespoons soy sauce. Cover and chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:1.31, Inflammation Score:-6, Nutrition Score:19.636956349663%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 1.97mg, Epicatechin: 1.97mg, Epicatechin: 1.97mg, Epicatechin: 1.97mg Epicatechin 3-gallate: 0.29mg, Epicatechin 3-gallate: 0.29mg, Epicatechin 3-gallate: 0.29mg, Epicatechin 3-gallate: 0.29mg Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg Theaflavin: 0.08mg, Theaflavin: 0.08mg, Theaflavin: 0.08mg, Theaflavin: 0.08mg Thearubigins: 4.01mg, Thearubigins: 4.01mg, Thearubigins: 4.01mg, Thearubigins: 4.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg Theaflavin-3,3'-digallate: 0.09mg, Theaflavin-3,3'-digallate: 0.09mg, Theaflavin-3,3'-digallate: 0.09mg, Theaflavin-3,3'-digallate: 0.09mg Theaflavin-3'-gallate: 0.07mg, Theaflavin-3'-gallate: 0.07mg, Theaflavin-3'-gallate: 0.07mg, Theaflavin-3'-gallate: 0.07mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 276.84kcal (13.84%), Fat: 10.24g (15.76%), Saturated Fat: 1.84g (11.51%), Carbohydrates: 9.18g (3.06%), Net Carbohydrates: 8.03g (2.92%), Sugar: 4.5g (5%), Cholesterol: 100.91mg (33.64%), Sodium: 2250.76mg (97.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.84g (71.67%), Vitamin B3: 17.21mg (86.03%), Selenium: 49.32µg (70.45%), Vitamin B6: 1.25mg (62.52%), Phosphorus: 371.46mg (37.15%), Vitamin C: 28.91mg (35.05%), Vitamin B5: 2.35mg (23.48%), Potassium: 704.36mg (20.12%), Vitamin K: 16.43µg (15.65%), Magnesium: 56.76mg (14.19%), Vitamin B2: 0.22mg (12.82%), Manganese: 0.25mg (12.38%), Vitamin B1: 0.13mg (8.69%), Iron: 1.51mg (8.36%), Zinc: 1.09mg (7.26%), Vitamin E: 1.08mg (7.18%), Vitamin A: 354.44IU (7.09%), Copper: 0.11mg (5.58%), Folate: 20.11µg (5.03%), Vitamin B12: 0.3µg (5.02%), Fiber: 1.15g (4.59%), Calcium: 20.13mg (2.01%)