



Lemon-Basil Chicken Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups baby spinach fresh
- ☐ 4 cups chicken breast strips/pre-cooked/chopped cooked chopped
- ☐ 2 teaspoons dijon mustard
- ☐ 1 tablespoon basil fresh chopped
- ☐ 1 garlic clove pressed
- ☐ 0.3 cup juice of lemon
- ☐ 0.5 teaspoon lemon zest
- ☐ 3 tablespoons olive oil

- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon sugar
- ☐ 0.3 cup sun-dried olives diced

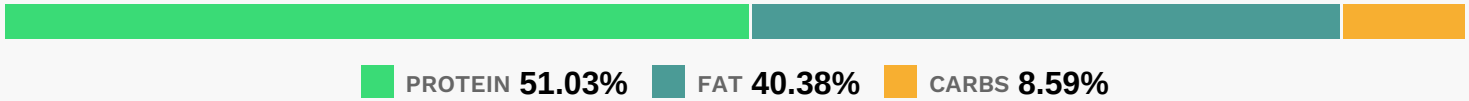
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together basil, olive oil, Dijon mustard, garlic, sugar, lemon zest, lemon juice, and salt.
- ☐ Combine chicken, spinach, and sun-dried tomatoes in a large bowl.
- ☐ Drizzle with basil mixture, tossing to coat.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:52.82, Glycemic Load:1.36, Inflammation Score:-8, Nutrition Score:19.304782514987%

Flavonoids

Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 287.26kcal (14.36%), Fat: 12.77g (19.64%), Saturated Fat: 2.34g (14.62%), Carbohydrates: 6.11g (2.04%), Net Carbohydrates: 4.79g (1.74%), Sugar: 3.56g (3.95%), Cholesterol: 95.2mg (31.73%), Sodium: 238.9mg (10.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.3g (72.6%), Vitamin B3: 16.14mg (80.69%), Vitamin K: 68.21µg (64.96%), Selenium: 32.22µg (46.03%), Vitamin B6: 0.74mg (36.76%), Phosphorus: 291.65mg (29.16%), Vitamin A: 1236.26IU (24.73%), Potassium: 624.8mg (17.85%), Magnesium: 58.32mg (14.58%), Manganese: 0.29mg (14.34%),

Vitamin C: 11.49mg (13.93%), Vitamin B5: 1.27mg (12.69%), Iron: 2.27mg (12.62%), Vitamin E: 1.79mg (11.91%), Vitamin B2: 0.19mg (11.21%), Copper: 0.18mg (9.08%), Zinc: 1.36mg (9.06%), Vitamin B1: 0.13mg (8.98%), Folate: 35.64µg (8.91%), Vitamin B12: 0.38µg (6.35%), Fiber: 1.33g (5.32%), Calcium: 40.96mg (4.1%)