



## Light Lemon-Dijon Chicken Salad

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



239 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup salad dressing reduced-fat
- 2 tablespoons juice of lemon
- 2 teaspoons dijon mustard
- 1 clove garlic finely chopped
- 4 cups the of 1 cos lettuce shredded
- 2 cups chicken shredded cooked
- 0.3 cup sun-dried tomatoes drained sliced in oil
- 1 hardboiled eggs chopped

- 2 tablespoons spring onion sliced
- 0.3 cup parmesan shredded

## Equipment

- bowl
- whisk

## Directions

- In small bowl, beat all dressing ingredients with wire whisk until well blended.
- On individual serving plates, arrange lettuce, chicken, tomatoes and egg. Spoon dressing over top.
- Sprinkle with onions and cheese.

## Nutrition Facts

**PROTEIN 38.01%** **FAT 52.07%** **CARBS 9.92%**

## Properties

Glycemic Index:30.25, Glycemic Load:0.18, Inflammation Score:-10, Nutrition Score:18.192174025204%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

## Nutrients (% of daily need)

Calories: 238.76kcal (11.94%), Fat: 13.74g (21.13%), Saturated Fat: 3.61g (22.57%), Carbohydrates: 5.88g (1.96%), Net Carbohydrates: 4.26g (1.55%), Sugar: 1.68g (1.87%), Cholesterol: 108.63mg (36.21%), Sodium: 313.3mg (13.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.57g (45.13%), Vitamin A: 4384.58IU (87.69%), Vitamin K: 77.84µg (74.14%), Selenium: 23.85µg (34.08%), Vitamin B3: 5.98mg (29.9%), Phosphorus: 237.19mg (23.72%), Folate: 78.56µg (19.64%), Vitamin B6: 0.38mg (19.04%), Vitamin C: 12.63mg (15.31%), Vitamin B2: 0.25mg (14.8%), Potassium: 436.05mg (12.46%), Calcium: 113.83mg (11.38%), Zinc: 1.57mg (10.46%), Iron: 1.82mg (10.11%), Vitamin B5: 1.01mg (10.07%), Magnesium: 33.29mg (8.32%), Manganese: 0.15mg (7.5%), Vitamin B1: 0.11mg (7.39%), Vitamin B12: 0.42µg (6.95%), Fiber: 1.62g (6.5%), Copper: 0.11mg (5.32%), Vitamin D: 0.31µg (2.04%), Vitamin E: 0.24mg (1.6%)