



Make-Ahead Roast Chicken and Kale Salad with Tahini, Apricots, and Almonds



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



2

CALORIES



460 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup almonds toasted chopped
- ☐ 12 ounces chicken breast halves leftover
- ☐ 0.3 cup apricot dried chopped
- ☐ 1 bunch kale chopped
- ☐ 2 servings pepper black freshly ground
- ☐ 1 tablespoon juice of lemon
- ☐ 1 tablespoon olive oil

☐ 2.5 teaspoons tahini

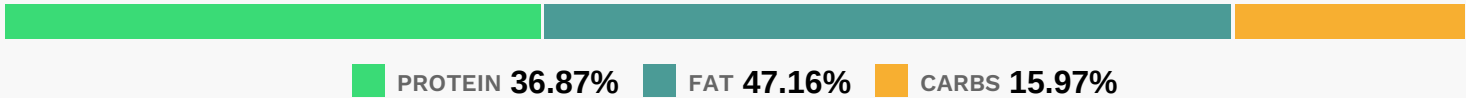
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ kitchen thermometer

Directions

- ☐ If using leftover meat, skip to step
- ☐ If using fresh chicken, place chicken in a large pot and cover with cold water. Bring to a simmer over medium-high heat. Cook at a bare simmer until thickest part of the chicken registers 155°F on an instant read thermometer.
- ☐ Transfer chicken to a medium bowl and allow to rest until cool enough to handle. Discard skin and bones and shred meat into bite sized pieces. Set aside.
- ☐ Whisk together 3 tablespoons of hot chicken cooking liquid (if using leftover chicken use 3 tablespoons boiled water), lemon juice, and tahini with large pinch salt. Reserve in airtight container. Toss together chicken, kale, almonds, and apricots. Store separately from dressing until ready to eat. Toss together with dressing and then serve, or pack into container to eat on the go.

Nutrition Facts



Properties

Glycemic Index:53.7, Glycemic Load:3.24, Inflammation Score:-10, Nutrition Score:41.624347681585%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg

0.18mg, Naringenin: 0.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 15.81mg, Isorhamnetin: 15.81mg, Isorhamnetin: 15.81mg, Isorhamnetin: 15.81mg Kaempferol: 30.49mg, Kaempferol: 30.49mg, Kaempferol: 30.49mg, Kaempferol: 30.49mg Quercetin: 14.77mg, Quercetin: 14.77mg, Quercetin: 14.77mg, Quercetin: 14.77mg

Nutrients (% of daily need)

Calories: 460.1kcal (23.01%), Fat: 24.71g (38.02%), Saturated Fat: 3.2g (19.98%), Carbohydrates: 18.83g (6.28%), Net Carbohydrates: 12.4g (4.51%), Sugar: 10.16g (11.29%), Cholesterol: 108.86mg (36.29%), Sodium: 235.99mg (10.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.47g (86.95%), Vitamin K: 258.72µg (246.4%), Vitamin A: 7135.54IU (142.71%), Vitamin B3: 19.94mg (99.68%), Selenium: 58.27µg (83.24%), Vitamin C: 66.08mg (80.1%), Vitamin B6: 1.43mg (71.52%), Phosphorus: 540.6mg (54.06%), Vitamin E: 7.05mg (47.01%), Manganese: 0.91mg (45.71%), Vitamin B2: 0.62mg (36.49%), Potassium: 1212.89mg (34.65%), Magnesium: 125.7mg (31.42%), Vitamin B5: 2.66mg (26.62%), Fiber: 6.43g (25.71%), Calcium: 240.4mg (24.04%), Vitamin B1: 0.32mg (21.51%), Copper: 0.42mg (21.17%), Iron: 3.1mg (17.2%), Folate: 64.24µg (16.06%), Zinc: 2.15mg (14.37%), Vitamin B12: 0.34µg (5.67%), Vitamin D: 0.17µg (1.13%)