



HEALTH SCORE

62%

Marinated Greek Chicken Salad



Gluten Free



Very Healthy

READY IN



10 min.

SERVINGS



8

CALORIES



201 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3.5 ounce olives black ripe drained sliced canned
- ☐ 16 ounce garbanzo beans rinsed drained canned
- ☐ 2 cups chicken shredded
- ☐ 4 ounce feta cheese crumbled
- ☐ 1 cup grape tomatoes cut in half
- ☐ 2.3 cups optional: lemon divided
- ☐ 0.3 cup pepperoncini peppers sliced
- ☐ 0.3 small onion red thinly sliced

☐ 1 head the of 1 cos lettuce

Equipment

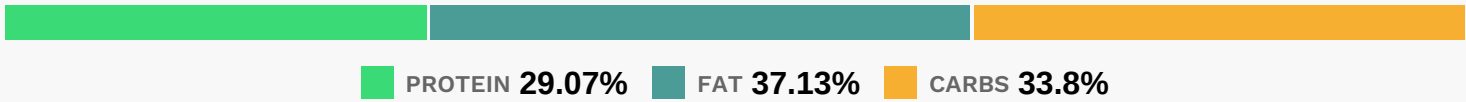
☐ bowl

☐ baking pan

Directions

- ☐ Arrange first 4 ingredients in an 11-x 7-inch baking dish; pour 1 cup Lemon-Garlic Greek Dressing over ingredients. Cover and chill 2 hours.
- ☐ Place lettuce in a large salad bowl; top with chicken mixture.
- ☐ Sprinkle evenly with pepperoncini peppers, onion, and feta.
- ☐ Serve with remaining 1 1/4 cups Lemon-Garlic Greek Dressing.

Nutrition Facts



Properties

Glycemic Index:19.73, Glycemic Load:3.48, Inflammation Score:-10, Nutrition Score:23.06826091331%

Flavonoids

Eriodictyol: 12.74mg, Eriodictyol: 12.74mg, Eriodictyol: 12.74mg, Eriodictyol: 12.74mg Hesperetin: 16.64mg, Hesperetin: 16.64mg, Hesperetin: 16.64mg, Hesperetin: 16.64mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Luteolin: 1.24mg, Luteolin: 1.24mg, Luteolin: 1.24mg, Luteolin: 1.24mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg

Nutrients (% of daily need)

Calories: 200.61kcal (10.03%), Fat: 8.85g (13.61%), Saturated Fat: 2.95g (18.43%), Carbohydrates: 18.13g (6.04%), Net Carbohydrates: 11.45g (4.17%), Sugar: 3.23g (3.58%), Cholesterol: 38.87mg (12.96%), Sodium: 548.14mg (23.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.59g (31.18%), Vitamin A: 7132.89IU (142.66%), Vitamin K: 82.61µg (78.68%), Vitamin C: 41.87mg (50.75%), Folate: 138.76µg (34.69%), Manganese: 0.64mg (32.19%), Vitamin B6: 0.62mg (30.94%), Fiber: 6.67g (26.7%), Phosphorus: 200.96mg (20.1%), Selenium: 12.57µg (17.95%), Vitamin B3: 3.49mg (17.43%), Vitamin B2: 0.25mg (14.83%), Potassium: 513.74mg (14.68%), Calcium: 145.08mg (14.51%), Iron: 2.47mg (13.73%), Magnesium: 45.71mg (11.43%), Zinc: 1.6mg (10.68%), Vitamin B1: 0.16mg

(10.47%), Copper: 0.2mg (10.15%), Vitamin B5: 0.91mg (9.09%), Vitamin B12: 0.34µg (5.68%), Vitamin E: 0.83mg (5.51%)