

Mediterranean Chicken Salad

 **Gluten Free**  **Dairy Free**

READY IN



35 min.

SERVINGS



4

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup onion red minced
- 2 tablespoons red wine vinegar
- 1 pound chicken breast boneless skinless
- 4 servings salt
- 2 tablespoons olive oil extra virgin
- 1 tablespoon capers
- 0.8 cup olives mixed pitted sliced
- 1 pinch pepper red

- 1 tablespoon oregano fresh chopped (or both!)
- 2 tablespoons parsley fresh chopped
- 4 servings pepper black to taste
- 4 servings endive chopped for appetizer boats, or to add to the salad
- 4 servings boston lettuce for lettuce cups
- 0.3 pound fusilli pasta gluten-free dry for option (use pasta)

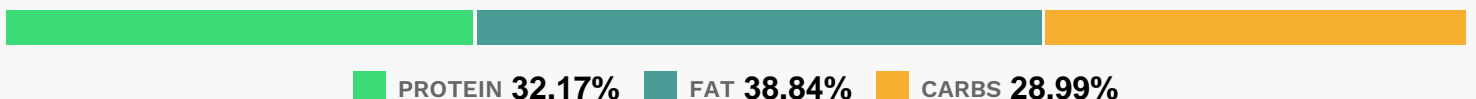
Equipment

- bowl
- cutting board

Directions

- Mix the minced onion with the vinegar in a bowl and set aside. This quick pickling will take the edge off of the onions.
- Poach the chicken: Bring 1 1/2 quarts of water to a boil and add about 2 tablespoons of salt.
- Cut the chicken breasts in half crosswise and place them in the water. Reduce the heat to low and let the chicken cook very gently, at barely a simmer, for 10–15 minutes, until just cooked through.
- Combine the other salad ingredients: While the chicken is cooking, mix the olive oil, capers, olives, chile flakes, and oregano in a large bowl.
- Dice or shred the chicken: When the chicken is done, place it on a cutting board to cool.
- Add the onions to the bowl with the olives. Once the chicken has cooled enough to handle, cut it into dice or shred it.
- Combine chicken, parsley, with other salad ingredients: Gently mix the chicken and parsley in with the olives.
- Add salt and black pepper to taste.
- Serve warm, at room temperature, or chilled.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:0.46, Inflammation Score:-9, Nutrition Score:15.872608599455%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 2.89mg, Kaempferol: 2.89mg, Kaempferol: 2.89mg, Kaempferol: 2.89mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 7.54mg, Quercetin: 7.54mg, Quercetin: 7.54mg, Quercetin: 7.54mg

Nutrients (% of daily need)

Calories: 340.2kcal (17.01%), Fat: 14.7g (22.62%), Saturated Fat: 2.42g (15.12%), Carbohydrates: 24.7g (8.23%), Net Carbohydrates: 22.27g (8.1%), Sugar: 1.08g (1.19%), Cholesterol: 72.57mg (24.19%), Sodium: 794.85mg (34.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.4g (54.79%), Vitamin B3: 12.02mg (60.1%), Selenium: 36.72µg (52.45%), Vitamin K: 49.46µg (47.11%), Vitamin B6: 0.9mg (44.92%), Phosphorus: 249.6mg (24.96%), Vitamin B5: 1.68mg (16.79%), Vitamin E: 2.47mg (16.46%), Potassium: 497.41mg (14.21%), Magnesium: 40.1mg (10.02%), Fiber: 2.43g (9.71%), Iron: 1.67mg (9.28%), Vitamin B2: 0.13mg (7.86%), Vitamin A: 389.15IU (7.78%), Vitamin C: 5.76mg (6.98%), Manganese: 0.13mg (6.65%), Vitamin B1: 0.09mg (6.19%), Zinc: 0.78mg (5.19%), Calcium: 48.99mg (4.9%), Copper: 0.09mg (4.54%), Folate: 17.73µg (4.43%), Vitamin B12: 0.23µg (3.78%)