



Mediterranean Chicken Salad

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



558 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 tablespoons capers drained
- ☐ 10 ounces cherry tomatoes halved
- ☐ 3 cups roasted chicken diced cooked (from one 3-pound purchased chicken)
- ☐ 0.5 tablespoon dijon mustard
- ☐ 0.3 cup currants dried
- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 0.5 cup kalamata olives pitted coarsely chopped
- ☐ 0.5 tablespoon juice of lemon fresh

- ☐ 6 ounce marinated artichoke drained
- ☐ 6 tablespoons olive oil
- ☐ 0.5 cup orzo pasta (rice-shaped)
- ☐ 2 tablespoons tarragon vinegar

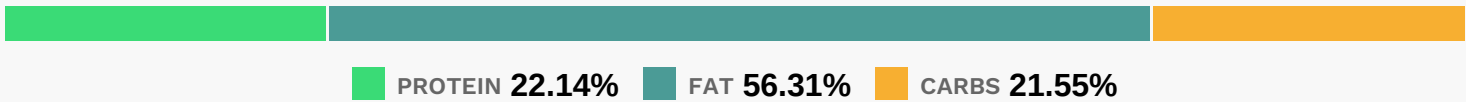
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ Combine oil, vinegar, tarragon, lemon juice, and mustard in small bowl; whisk to blend. Season dressing to taste with salt and pepper.
- ☐ Place chicken in medium bowl.
- ☐ Mix in 1/4 cup dressing.
- ☐ Cook orzo in large pot of boiling salted water until just tender but still firm to bite.
- ☐ Drain. Rinse under cold water to cool; drain well.
- ☐ Transfer orzo to large bowl. Stir in remaining dressing and toss to coat.
- ☐ Add chicken mixture, tomatoes, artichoke hearts, olives, currants, and capers. Season salad to taste with salt and pepper and serve.
- ☐ Per serving: 553 calories, 31g fat (5g saturated), 89mg cholesterol, 474mg sodium, 30g carbohydrates, 2g fiber, 37g protein
- ☐ Nutrition Data

Nutrition Facts



Properties

Glycemic Index:54.75, Glycemic Load:8.34, Inflammation Score:-7, Nutrition Score:18.35782612925%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 3.95mg, Kaempferol: 3.95mg, Kaempferol: 3.95mg, Kaempferol: 3.95mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg

Nutrients (% of daily need)

Calories: 558.2kcal (27.91%), Fat: 34.98g (53.81%), Saturated Fat: 5.68g (35.53%), Carbohydrates: 30.11g (10.04%), Net Carbohydrates: 26.77g (9.73%), Sugar: 10.35g (11.5%), Cholesterol: 78.75mg (26.25%), Sodium: 623.05mg (27.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.94g (61.89%), Selenium: 39.06µg (55.8%), Vitamin B3: 9.39mg (46.97%), Vitamin C: 27.39mg (33.2%), Vitamin B6: 0.6mg (29.94%), Phosphorus: 277.71mg (27.77%), Vitamin E: 4.13mg (27.56%), Manganese: 0.47mg (23.73%), Vitamin A: 969.03IU (19.38%), Iron: 3.38mg (18.76%), Potassium: 596.26mg (17.04%), Vitamin K: 16.04µg (15.28%), Zinc: 2.1mg (14.02%), Vitamin B2: 0.23mg (13.44%), Fiber: 3.34g (13.37%), Magnesium: 52.7mg (13.17%), Copper: 0.25mg (12.42%), Vitamin B5: 1.21mg (12.11%), Vitamin B1: 0.14mg (9.28%), Calcium: 75.29mg (7.53%), Folate: 25.54µg (6.38%), Vitamin B12: 0.3µg (5.08%)