

 **51%**
HEALTH SCORE

Mediterranean Chicken Salad

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

READY IN



80 min.

SERVINGS



4

CALORIES



821 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 0.8 cup olives black
- 12 peppercorns black
- 3 tablespoons capers
- 2 carrots peeled chopped
- 10 cherry tomatoes halved
- 3 lbs chicken breast whole
- 2 quarts chicken stock see

- 1 teaspoon thyme dried
- 0.3 lb green beans cooked (don't overcook!)
- 1 leek white cleaned sliced
- 0.5 cup juice of lemon fresh
- 2 teaspoons oregano dried
- 6 parsley
- 4 servings salt to taste
- 4 servings pepper black freshly ground to taste
- 0.3 cup virgin olive oil
- 2 quarts water
- 1 medium onion yellow peeled quartered

Equipment

- bowl
- pot

Directions

- Place water and stock in large pot.
- Add the onion, carrots, leek, thyme, bay leaves, parsley, peppercorns, cloves and salt to taste. Bring to boil, reduce heat, and simmer uncovered for 15 minutes.
- Add chicken breasts, return to boil, reduce heat, and simmer partially covered until chicken is done, about 20 minutes.
- Remove pot from heat, and let chicken cool in the broth.
- Remove chicken (save broth for future soup!), discard skin, and pull meat from the bones. Tear meat into large pieces and combine in a bowl with the olive oil and oregano. Cover and let stand at room temperature for 1 hour.
- Add remaining ingredients, toss, and season to taste with salt and pepper.
- Serve immediately at room temperature.

Nutrition Facts



■ PROTEIN **42.65%** ■ FAT **40.79%** ■ CARBS **16.56%**

Properties

Glycemic Index:63.21, Glycemic Load:3.05, Inflammation Score:-10, Nutrition Score:45.54565212001%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 3.25mg, Apigenin: 3.25mg, Apigenin: 3.25mg, Apigenin: 3.25mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 8.88mg, Kaempferol: 8.88mg, Kaempferol: 8.88mg, Kaempferol: 8.88mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 17.21mg, Quercetin: 17.21mg, Quercetin: 17.21mg, Quercetin: 17.21mg

Nutrients (% of daily need)

Calories: 820.63kcal (41.03%), Fat: 36.85g (56.7%), Saturated Fat: 6.55g (40.96%), Carbohydrates: 33.64g (11.21%), Net Carbohydrates: 29.06g (10.57%), Sugar: 13.93g (15.48%), Cholesterol: 231.92mg (77.31%), Sodium: 1884.69mg (81.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 86.7g (173.4%), Vitamin B3: 44.02mg (220.12%), Selenium: 120.46µg (172.08%), Vitamin B6: 3.08mg (153.78%), Vitamin A: 6254.22IU (125.08%), Phosphorus: 898.87mg (89.89%), Vitamin K: 78.03µg (74.31%), Potassium: 2159.01mg (61.69%), Vitamin B5: 5.18mg (51.83%), Vitamin B2: 0.84mg (49.2%), Vitamin C: 38.91mg (47.16%), Magnesium: 147.01mg (36.75%), Vitamin E: 5.43mg (36.17%), Vitamin B1: 0.49mg (32.43%), Copper: 0.6mg (29.99%), Iron: 4.63mg (25.73%), Manganese: 0.48mg (23.95%), Folate: 91.14µg (22.78%), Zinc: 3.07mg (20.45%), Fiber: 4.59g (18.34%), Calcium: 132.73mg (13.27%), Vitamin B12: 0.68µg (11.34%), Vitamin D: 0.34µg (2.27%)