



Mediterranean Chicken Salad with Rice

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 head bibb lettuce
- ☐ 0.5 cup bottled caesar dressing
- ☐ 3 cups meat from a rotisserie chicken cooked chopped
- ☐ 1 medium cucumber peeled chopped
- ☐ 4 oz feta crumbled
- ☐ 0.8 cup parsley fresh chopped
- ☐ 2 garlic cloves pressed
- ☐ 1 cup grape tomatoes halved

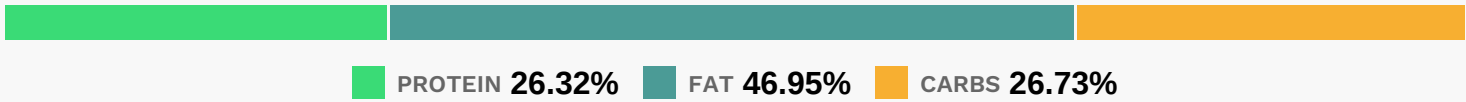
- ☐ 0.3 cup onion red finely chopped
- ☐ 6 oz rice mix long-grain wild
- ☐ 0.5 teaspoon salt

Equipment

Directions

- ☐ Prepare rice according to package directions.
- ☐ Combine rice, chicken, and next 8 ingredients.
- ☐ Serve over Bibb lettuce leaves.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:11.74, Inflammation Score:-9, Nutrition Score:22.542608794959%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg

Nutrients (% of daily need)

Calories: 393.21kcal (19.66%), Fat: 20.56g (31.64%), Saturated Fat: 5.58g (34.87%), Carbohydrates: 26.34g (8.78%), Net Carbohydrates: 23.27g (8.46%), Sugar: 2.99g (3.32%), Cholesterol: 76.96mg (25.65%), Sodium: 708.6mg (30.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.93g (51.87%), Vitamin K: 176.65µg (168.24%), Vitamin B3: 7.99mg (39.95%), Vitamin A: 1883.27IU (37.67%), Phosphorus: 354.34mg (35.43%), Selenium: 21.54µg (30.77%), Vitamin B6: 0.57mg (28.46%), Manganese: 0.54mg (27.03%), Zinc: 3.58mg (23.84%), Vitamin B2: 0.38mg (22.28%), Magnesium: 83.82mg (20.95%), Vitamin C: 16.32mg (19.78%), Folate: 77.81µg (19.45%), Iron: 2.71mg (15.07%), Potassium: 523.15mg (14.95%), Calcium: 147.42mg (14.74%), Vitamin B5: 1.37mg (13.71%), Copper: 0.26mg (12.81%), Fiber: 3.07g (12.28%), Vitamin B1: 0.15mg (10.24%), Vitamin E: 1.45mg (9.64%), Vitamin B12: 0.53µg (8.8%)