



Mustard Chicken Salad

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

READY IN



61 min.

SERVINGS



5

CALORIES



831 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups broccoli florets
- 4 chicken breasts whole split bone-in
- 0.3 cup dijon mustard
- 2 tablespoons cooking wine dry white
- 2 tablespoons tarragon leaves fresh minced
- 1 cup grape tomatoes halved
- 5 servings kosher salt and pepper black freshly ground
- 1.5 cups mayonnaise good

- 5 servings olive oil good
- 3 tablespoons whole-grain mustard

Equipment

- bowl
- frying pan
- oven
- whisk
- pot

Directions

- Preheat the oven to 350 degrees F.
- Place the chicken breasts on a sheet pan and rub the skin with olive oil.
- Sprinkle liberally with salt and pepper. Roast for 35 to 40 minutes, until the chicken is just cooked. Set aside until cool enough to handle.
- Remove the meat from the bones, discard the skin, and dice the chicken in large bite-size pieces.
- Meanwhile, add the broccoli florets to a large pot of salted boiling water. Cook for 1 minute, until crisp tender, drain, and place into a bowl of ice water until cool. This will stop the cooking and set the bright green color.
- For the dressing, whisk together the mayonnaise, wine, mustards, 1 tablespoon salt and 1/2 teaspoon pepper.
- Add enough sauce to the warm chicken to moisten well.
- Add the tarragon, broccoli, and tomatoes and mix gently to combine. Refrigerate for a few hours to allow the flavors to blend.
- Serve at room temperature.

Nutrition Facts

 **PROTEIN 20.3%**  **FAT 76.44%**  **CARBS 3.26%**

Properties

Glycemic Index:60.2, Glycemic Load:1.91, Inflammation Score:-7, Nutrition Score:31.204347838526%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 2.88mg, Kaempferol: 2.88mg, Kaempferol: 2.88mg, Kaempferol: 2.88mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 831.09kcal (41.55%), Fat: 70.07g (107.81%), Saturated Fat: 10.98g (68.61%), Carbohydrates: 6.72g (2.24%), Net Carbohydrates: 4.26g (1.55%), Sugar: 2.15g (2.39%), Cholesterol: 143.94mg (47.98%), Sodium: 888.24mg (38.62%), Alcohol: 0.62g (100%), Alcohol %: 0.22% (100%), Protein: 41.88g (83.76%), Vitamin K: 158.32µg (150.78%), Vitamin B3: 19.65mg (98.23%), Selenium: 67.74µg (96.77%), Vitamin B6: 1.53mg (76.63%), Vitamin C: 40.21mg (48.74%), Phosphorus: 458.14mg (45.81%), Vitamin E: 5.08mg (33.9%), Vitamin B5: 3mg (29.96%), Potassium: 990.51mg (28.3%), Manganese: 0.47mg (23.73%), Magnesium: 79.39mg (19.85%), Vitamin B2: 0.29mg (17.33%), Vitamin A: 706.31IU (14.13%), Iron: 2.51mg (13.92%), Vitamin B1: 0.21mg (13.82%), Folate: 47.24µg (11.81%), Zinc: 1.6mg (10.69%), Fiber: 2.46g (9.84%), Calcium: 81.03mg (8.1%), Vitamin B12: 0.44µg (7.37%), Copper: 0.13mg (6.67%), Vitamin D: 0.32µg (2.1%)