



HEALTH SCORE

100%

New Potato and Chicken Salad with Yogurt Chive Dressing



Gluten Free



Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



486 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup chervil sprigs loosely packed
- ☐ 3 cups pieces chicken cooked sliced
- ☐ 0.5 cup chives chopped
- ☐ 1 cup tender flat-leaf parsley sprigs
- ☐ 0.5 cup tarragon leaves fresh
- ☐ 0.5 tsp kosher salt
- ☐ 3 cups lettuce leaves loosely packed (3 to 4 in. long)

- ☐ 0.5 cup marjoram leaves fresh
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.5 tsp pepper
- ☐ 1.3 pounds thin-skinned potatoes red scrubbed
- ☐ 1.3 cups milk yogurt plain whole

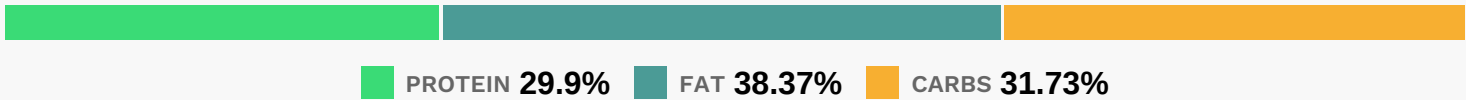
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Put potatoes in a large saucepan with water to cover. Cover pan and bring to a boil over high heat, then reduce heat and simmer until potatoes are tender when pierced, 10 to 12 minutes.
- ☐ Drain, then rinse occasionally with cold water until room temperature.
- ☐ Meanwhile, put lettuce, chervil, parsley, marjoram, and tarragon in a large bowl and chicken in a second large bowl. In a small bowl, whisk yogurt, chives, oil, salt, and pepper.
- ☐ Slice potatoes crosswise, add to chicken, and toss with about 2/3 cup dressing. Toss greens and arrange on plates. Spoon chicken mixture on top. Grind pepper generously over each serving.
- ☐ Serve with remaining dressing and more salt to add to taste.

Nutrition Facts



Properties

Glycemic Index:57.5, Glycemic Load:2.88, Inflammation Score:-10, Nutrition Score:42.469565725845%

Flavonoids

Apigenin: 39.33mg, Apigenin: 39.33mg, Apigenin: 39.33mg, Apigenin: 39.33mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 2.71mg, Myricetin: 2.71mg, Myricetin: 2.71mg, Myricetin: 2.71mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 486.14kcal (24.31%), Fat: 21.21g (32.63%), Saturated Fat: 5.28g (32.98%), Carbohydrates: 39.47g (13.16%), Net Carbohydrates: 33.32g (12.12%), Sugar: 7.66g (8.51%), Cholesterol: 89.37mg (29.79%), Sodium: 501.97mg (21.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.18g (74.36%), Vitamin A: 15661.33IU (313.23%), Vitamin K: 320.95µg (305.67%), Vitamin C: 78.03mg (94.58%), Manganese: 1.47mg (73.65%), Vitamin B3: 11.86mg (59.29%), Potassium: 1964.39mg (56.13%), Vitamin B6: 1.11mg (55.54%), Iron: 9.3mg (51.65%), Phosphorus: 479.07mg (47.91%), Selenium: 31.59µg (45.13%), Folate: 171.53µg (42.88%), Vitamin B2: 0.64mg (37.86%), Calcium: 377.38mg (37.74%), Magnesium: 128.01mg (32%), Vitamin B1: 0.44mg (29.38%), Zinc: 3.93mg (26.17%), Fiber: 6.15g (24.61%), Copper: 0.37mg (18.32%), Vitamin B5: 1.83mg (18.26%), Vitamin E: 2.26mg (15.05%), Vitamin B12: 0.61µg (10.11%)