



Olivier Salad

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



70 min.

SERVINGS



6

CALORIES



446 kcal

SIDE DISH

LUNCH

MAIN COURSE

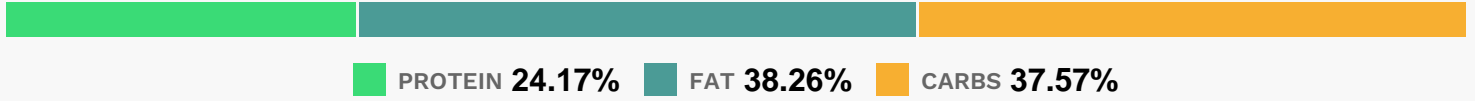
MAIN DISH

Ingredients

- 15 ounce peas drained canned
- 0.8 pound chicken breast strips/pre-cooked/chopped cooked very finely chopped
- 16 ounce dill pickles
- 3 eggs
- 6 servings pepper black to taste
- 0.5 cup mayonnaise
- 5 potatoes peeled
- 2 tomatoes sliced

Equipment

Nutrition Facts



Properties

Glycemic Index:33.96, Glycemic Load:23.18, Inflammation Score:-9, Nutrition Score:25.65652173913%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 446.43kcal (22.32%), Fat: 18.99g (29.21%), Saturated Fat: 3.63g (22.66%), Carbohydrates: 41.95g (13.98%), Net Carbohydrates: 34.43g (12.52%), Sugar: 5.89g (6.54%), Cholesterol: 137.87mg (45.96%), Sodium: 946.4mg (41.15%), Protein: 26.99g (53.98%), Vitamin K: 64.81µg (61.72%), Vitamin C: 47.7mg (57.82%), Vitamin B3: 10.69mg (53.47%), Vitamin B6: 1.01mg (50.38%), Selenium: 24.29µg (34.7%), Phosphorus: 344.67mg (34.47%), Vitamin A: 1710.47IU (34.21%), Potassium: 1184.81mg (33.85%), Fiber: 7.52g (30.07%), Manganese: 0.53mg (26.66%), Magnesium: 83.53mg (20.88%), Iron: 3.61mg (20.04%), Vitamin B1: 0.3mg (19.85%), Folate: 71.17µg (17.79%), Copper: 0.35mg (17.71%), Vitamin B2: 0.29mg (17.27%), Vitamin B5: 1.58mg (15.82%), Zinc: 2.06mg (13.72%), Calcium: 103.16mg (10.32%), Vitamin E: 1.34mg (8.94%), Vitamin B12: 0.41µg (6.85%), Vitamin D: 0.53µg (3.56%)