



## Parsley Chicken and Potato Salad

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



256 kcal

SIDE DISH

### Ingredients

- 0.5 cup chicken broth
- 4.5 teaspoons apple cider vinegar
- 3 tablespoons parsley fresh chopped
- 2 cups the salad mixed
- 3 tablespoons olive oil
- 0.3 cup onion red thinly sliced
- 0.5 teaspoon salt
- 4 servings salt and pepper freshly ground to taste

- 2 chicken breast boneless skinless cooked cut into 1/4-inch slices
- 1 lb yukon gold potatoes unpeeled cut into 1/4-inch slices

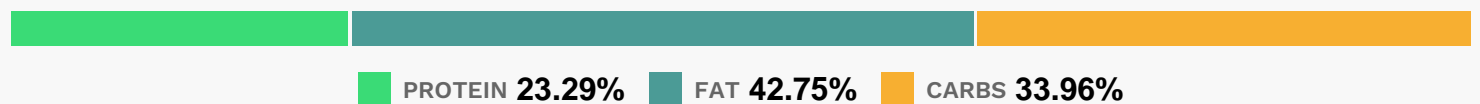
## Equipment

- bowl
- sauce pan
- whisk

## Directions

- In 2-quart saucepan, place potatoes and enough cold water to cover potatoes by at least 3 inches.
- Add 1/2 teaspoon salt.
- Heat to boiling; reduce heat. Cover; cook 2 to 3 minutes or until tender.
- Drain; keep covered 2 to 3 minutes longer.
- Meanwhile, in another saucepan, heat broth to boiling.
- Add sliced chicken; cook 2 to 3 minutes or until heated through.
- In large bowl, beat oil, vinegar and parsley with whisk.
- Add onion, drained potatoes, the chicken and 1/4 cup of the broth; toss.
- Let stand at room temperature 10 minutes. Season with salt and pepper.
- Serve over salad greens.

## Nutrition Facts



## Properties

Glycemic Index:45.69, Glycemic Load:14.76, Inflammation Score:-6, Nutrition Score:15.629130264987%

## Flavonoids

Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Myricetin: 0.45mg,

Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

## Nutrients (% of daily need)

Calories: 255.77kcal (12.79%), Fat: 12.17g (18.73%), Saturated Fat: 1.81g (11.33%), Carbohydrates: 21.76g (7.25%), Net Carbohydrates: 19g (6.91%), Sugar: 1.48g (1.65%), Cholesterol: 36.75mg (12.25%), Sodium: 673.57mg (29.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.92g (29.85%), Vitamin K: 57.83µg (55.07%), Vitamin B6: 0.79mg (39.42%), Vitamin C: 32.39mg (39.26%), Vitamin B3: 7.31mg (36.57%), Selenium: 18.68µg (26.68%), Potassium: 761.67mg (21.76%), Phosphorus: 197.35mg (19.74%), Manganese: 0.26mg (12.89%), Vitamin B5: 1.19mg (11.92%), Magnesium: 46.06mg (11.51%), Vitamin E: 1.67mg (11.11%), Fiber: 2.76g (11.06%), Vitamin A: 499.93IU (10%), Vitamin B1: 0.15mg (9.75%), Folate: 34.26µg (8.57%), Iron: 1.52mg (8.45%), Copper: 0.16mg (8.07%), Vitamin B2: 0.13mg (7.4%), Zinc: 0.77mg (5.14%), Calcium: 27.45mg (2.74%), Vitamin B12: 0.12µg (1.98%)