



 **56%**
HEALTH SCORE

Persian Chicken Salad

 **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



744 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 carrots grated
- 2 ribs celery cut into 1/4-inch dice
- 2 cucumbers peeled halved seeded cut into 1/4-inch dice
- 1 tablespoon dijon mustard
- 0.3 cup flat-leaf parsley chopped
- 0.5 cup basil fresh chopped
- 0.5 teaspoon fresh-ground pepper black
- 0.5 cup kalamata black pitted halved

- 0.3 cup juice of lime (from 2 limes)
- 0.5 cup mayonnaise
- 1.5 pounds new potatoes cut into quarters (6)
- 3 tablespoons olive oil
- 1 cup peas frozen thawed
- 1 cup yogurt plain
- 1 onion red chopped fine
- 1.5 teaspoons salt
- 1.3 pounds chicken breasts boneless skinless (4)

Equipment

- bowl
- frying pan
- sauce pan
- whisk

Directions

- Put the potatoes in a medium saucepan of salted water. Bring to a boil, reduce the heat, and simmer until just tender, about 12 minutes.
- Drain the potatoes and let cool.
- In a large nonstick frying pan, heat 1 tablespoon of the oil over moderate heat. Season the chicken with 1/4 teaspoon each of the salt and pepper. Cook the breasts until browned and just done, about 5 minutes per side.
- Remove the chicken from the pan and let it cool.
- Cut into 1/2-inch chunks.
- In a large glass or stainless-steel bowl, whisk together the yogurt, mayonnaise, mustard, lime juice, and the remaining 1 1/4 teaspoons salt and 1/4 teaspoon pepper.
- Add the potatoes, chicken, carrots, cucumbers, celery, peas, onion, olives, parsley, and basil and toss.

Wine Recommendation: Pouilly-Fum is a can't-miss partner for fresh herbs and vegetables. Made from sauvignon blanc in France's Loire Valley, Pouilly-Fum has penetrating herbal flavors of its own.

Nutrition Facts

PROTEIN 22.66% **FAT 49.11%** **CARBS 28.23%**

Properties

Glycemic Index:120.98, Glycemic Load:26.81, Inflammation Score:-10, Nutrition Score:45.162173810213%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 11.36mg, Apigenin: 11.36mg, Apigenin: 11.36mg, Apigenin: 11.36mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.8mg, Kaempferol: 1.8mg, Kaempferol: 1.8mg, Kaempferol: 1.8mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 7.07mg, Quercetin: 7.07mg, Quercetin: 7.07mg, Quercetin: 7.07mg

Nutrients (% of daily need)

Calories: 743.75kcal (37.19%), Fat: 40.88g (62.9%), Saturated Fat: 7.36g (46%), Carbohydrates: 52.87g (17.62%), Net Carbohydrates: 42.46g (15.44%), Sugar: 13.24g (14.72%), Cholesterol: 116.49mg (38.83%), Sodium: 1635.61mg (71.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.45g (84.91%), Vitamin A: 11451.28IU (229.03%), Vitamin K: 184.67µg (175.88%), Vitamin B6: 1.95mg (97.46%), Vitamin B3: 19.3mg (96.48%), Vitamin C: 72.93mg (88.4%), Selenium: 53.44µg (76.34%), Phosphorus: 595.13mg (59.51%), Potassium: 2026.44mg (57.9%), Fiber: 10.41g (41.64%), Manganese: 0.78mg (39.19%), Vitamin B5: 3.66mg (36.55%), Magnesium: 138.03mg (34.51%), Vitamin B1: 0.47mg (31.56%), Folate: 119.49µg (29.87%), Vitamin E: 4.08mg (27.19%), Vitamin B2: 0.45mg (26.53%), Copper: 0.5mg (25.05%), Iron: 3.77mg (20.95%), Calcium: 196.06mg (19.61%), Zinc: 2.82mg (18.82%), Vitamin B12: 0.56µg (9.38%), Vitamin D: 0.27µg (1.79%)