



Pesto-Chicken-Potato Salad



Gluten Free



Dairy Free

READY IN



155 min.

SERVINGS



6

CALORIES



461 kcal

SIDE DISH

Ingredients

- ☐ 1 cup celery sliced (2 medium stalks)
- ☐ 2 tablespoons apple cider vinegar
- ☐ 2 cups roasted chicken skinless chopped ()
- ☐ 2 teaspoons dijon mustard
- ☐ 0.5 cup spring onion sliced (8 medium)
- ☐ 1 leaf boston lettuce
- ☐ 0.5 cup mayonnaise
- ☐ 7 oz basil pesto refrigerated

- ☐ 0.8 teaspoon salt
- ☐ 1 cup tomatoes chopped
- ☐ 2 lb yukon gold potatoes cut into 3/4-inch cubes (6 cups) (6 medium)

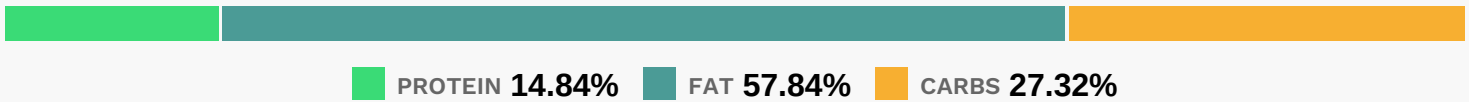
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ In 3 1/2-quart saucepan, combine potatoes and enough water to cover potatoes by 1 inch. Bring to a boil over medium-high heat. Reduce heat to medium; cover and cook 10 to 15 minutes or until tender.
- ☐ Drain; cool 15 minutes or until slightly cooled.
- ☐ Meanwhile, in large serving bowl, combine pesto, mayonnaise, vinegar, mustard and salt; mix well.
- ☐ Add cooked potatoes and all remaining ingredients except lettuce to pesto mixture; toss gently until evenly coated. Cover; refrigerate at least 2 hours or overnight to blend flavors. If desired, serve salad on lettuce-lined plates.

Nutrition Facts



Properties

Glycemic Index:51.29, Glycemic Load:19.87, Inflammation Score:-8, Nutrition Score:16.888260882834%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

Nutrients (% of daily need)

Calories: 461.17kcal (23.06%), Fat: 29.59g (45.52%), Saturated Fat: 5.21g (32.54%), Carbohydrates: 31.43g (10.48%), Net Carbohydrates: 26.7g (9.71%), Sugar: 3.48g (3.87%), Cholesterol: 45.49mg (15.16%), Sodium: 797.29mg (34.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.08g (34.17%), Vitamin K: 60.03µg (57.17%), Vitamin C: 35.38mg (42.88%), Vitamin B6: 0.68mg (33.97%), Vitamin B3: 5.53mg (27.67%), Potassium: 884.92mg (25.28%), Vitamin A: 1150.58IU (23.01%), Phosphorus: 195.81mg (19.58%), Fiber: 4.74g (18.95%), Selenium: 13.07µg (18.67%), Manganese: 0.32mg (16.21%), Magnesium: 52.39mg (13.1%), Iron: 2.27mg (12.61%), Vitamin B1: 0.17mg (11.58%), Copper: 0.22mg (11.16%), Folate: 44.52µg (11.13%), Vitamin B5: 1.01mg (10.12%), Calcium: 96.16mg (9.62%), Zinc: 1.29mg (8.61%), Vitamin B2: 0.14mg (8.48%), Vitamin E: 0.86mg (5.75%), Vitamin B12: 0.16µg (2.63%)