



WHATSheATE



Pesto-Chicken-Potato Salad



Gluten Free



Dairy Free

READY IN



155 min.

SERVINGS



6

CALORIES



528 kcal

SIDE DISH

Ingredients

- ☐ 2 lb yukon gold potatoes cut into 3/4-inch cubes (6 cups) (6 medium)
- ☐ 7 oz basil pesto refrigerated
- ☐ 0.5 cup mayonnaise
- ☐ 2 tablespoons apple cider vinegar
- ☐ 2 teaspoons dijon mustard
- ☐ 0.8 teaspoon salt
- ☐ 2 cups rotisserie chicken cut skinless chopped ()
- ☐ 1 cup celery sliced (2 medium stalks)

- ☐ 0.5 cup spring onion sliced (8 medium)
- ☐ 1 cup tomatoes chopped
- ☐ 1 leaf boston lettuce

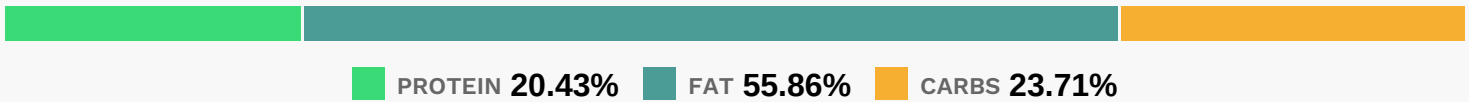
Equipment

- ☐ 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:-7, Nutrition Score:13.293043432028%

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: 528.35kcal (26.42%), Fat: 32.94g (50.67%), Saturated Fat: 6.07g (37.96%), Carbohydrates: 31.45g (10.48%), Net Carbohydrates: 26.71g (9.71%), Sugar: 3.5g (3.89%), Cholesterol: 86.19mg (28.73%), Sodium: 1035.94mg (45.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.1g (54.2%), Vitamin K: 60.03µg (57.17%), Vitamin C: 35.38mg (42.88%), Vitamin B6: 0.49mg (24.41%), Vitamin A: 1131.45IU (22.63%), Potassium: 778.06mg (22.23%), Fiber: 4.74g (18.95%), Manganese: 0.32mg (15.81%), Magnesium: 42.59mg (10.65%), Phosphorus: 106.21mg (10.62%), Folate: 42.18µg (10.55%), Copper: 0.2mg (9.83%), Vitamin B1: 0.14mg (9.65%), Iron: 1.7mg (9.47%), Vitamin B3: 1.86mg (9.29%), Calcium: 90.56mg (9.06%), Vitamin E: 0.86mg (5.75%), Vitamin B5: 0.56mg (5.58%), Vitamin B2: 0.08mg (4.44%), Zinc: 0.58mg (3.88%), Selenium: 1.59µg (2.27%)