



## Picnic Potato and Chicken Salad Cups

 Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



507 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 heads bibb lettuce separated
- 0.3 cup celery diced
- 3 strips bacon crumbled cooked
- 2 tablespoons parsley fresh chopped
- 2 sage leaves fresh chopped
- 1 clove garlic minced
- 0.5 cup mayonnaise
- 2 teaspoons mustard

- 1.5 tablespoons olive oil extra-virgin
- 0.3 cup onion diced
- 1 tablespoon paprika
- 4 russet potatoes cubed peeled
- 4 servings salt and pepper freshly ground
- 6 ounce chicken breast boneless skinless
- 2 tablespoons citrus champagne vinegar


## Equipment

- bowl
- baking sheet
- sauce pan
- oven

## Directions

- Preheat the oven to 400 degrees.
- Place the potatoes on a baking sheet, toss with the olive oil, season with salt and pepper and roast until golden and tender, about 30 minutes.
- Meanwhile, place the chicken in a saucepan and cover with water; bring to a simmer over medium heat and poach until cooked through, 15 to 20 minutes.
- Remove and let cool for a bit, then cut the chicken into bite-size pieces.
- In a large bowl, toss the potatoes, chicken, bacon, celery, onion and garlic.
- Mix in the mayonnaise, vinegar, mustard, paprika, fresh herbs, and salt and pepper to taste.
- Serve the salad in lettuce cups and roll up to eat.
- Photograph by John Kendrick

## Nutrition Facts

 **PROTEIN 13.7%**  **FAT 52.71%**  **CARBS 33.59%**

## Properties

Glycemic Index:75.69, Glycemic Load:30.73, Inflammation Score:-10, Nutrition Score:26.603478309901%

## Flavonoids

Apigenin: 4.49mg, Apigenin: 4.49mg, Apigenin: 4.49mg, Apigenin: 4.49mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg

## Nutrients (% of daily need)

Calories: 506.87kcal (25.34%), Fat: 30.1g (46.31%), Saturated Fat: 5.1g (31.84%), Carbohydrates: 43.17g (14.39%), Net Carbohydrates: 38.43g (13.97%), Sugar: 3g (3.33%), Cholesterol: 44.92mg (14.97%), Sodium: 572.54mg (24.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.61g (35.21%), Vitamin K: 172.24µg (164.04%), Vitamin A: 3795.4IU (75.91%), Vitamin B6: 1.22mg (61.07%), Vitamin B3: 7.81mg (39.07%), Potassium: 1366.91mg (39.05%), Manganese: 0.57mg (28.47%), Selenium: 19.78µg (28.26%), Phosphorus: 278.03mg (27.8%), Folate: 100.68µg (25.17%), Vitamin C: 19.56mg (23.71%), Iron: 3.76mg (20.9%), Vitamin B1: 0.3mg (20.3%), Magnesium: 80.32mg (20.08%), Fiber: 4.74g (18.95%), Copper: 0.34mg (17.18%), Vitamin E: 2.5mg (16.67%), Vitamin B5: 1.58mg (15.76%), Vitamin B2: 0.21mg (12.64%), Zinc: 1.4mg (9.35%), Calcium: 76.52mg (7.65%), Vitamin B12: 0.18µg (3.07%)