



Poached Chicken and Asparagus Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



217 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2.5 cups asparagus (1-inch)
- ☐ 1 bay leaf
- ☐ 1 cup bell pepper strips yellow
- ☐ 1 teaspoon tarragon fresh finely chopped
- ☐ 0.3 cup apple-kiwi dressing
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 small onion halved
- ☐ 0.5 teaspoon cracked pepper black

- ☐ 0.5 teaspoon salt
- ☐ 0.5 pound chicken breast boneless skinless
- ☐ 6 cups water

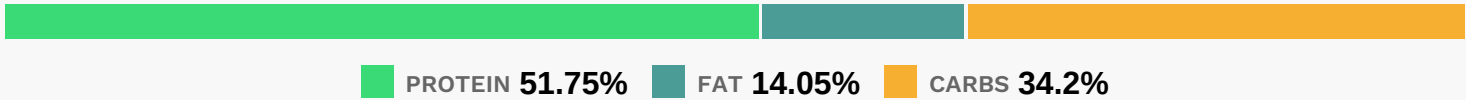
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ aluminum foil
- ☐ slotted spoon

Directions

- ☐ Combine first 6 ingredients in a large saucepan; bring to a boil. Cook 5 minutes.
- ☐ Add chicken. Cover, reduce heat, and simmer 15 minutes or until chicken is tender.
- ☐ Remove chicken from pan with a slotted spoon.
- ☐ Place chicken on a cutting surface; cover loosely with foil.
- ☐ Let stand 10 minutes; cut chicken into bite-sized pieces.
- ☐ Return poaching liquid to a boil.
- ☐ Add asparagus; cook 2 minutes or until crisp-tender.
- ☐ Drain and rinse with cold water; drain well. Discard bay leaf and onion.
- ☐ Combine chicken, asparagus, bell pepper, Apple-Kiwi Dressing, and tarragon; toss well to combine.

Nutrition Facts



Properties

Glycemic Index:106.83, Glycemic Load:3.32, Inflammation Score:-9, Nutrition Score:32.207826407059%

Flavonoids

Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Isorhamnetin: 11.3mg, Isorhamnetin: 11.3mg, Isorhamnetin: 11.3mg, Isorhamnetin: 11.3mg Kaempferol: 2.79mg, Kaempferol: 2.79mg, Kaempferol: 2.79mg, Kaempferol: 2.79mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 31.36mg, Quercetin: 31.36mg, Quercetin: 31.36mg, Quercetin: 31.36mg

Nutrients (% of daily need)

Calories: 217.38kcal (10.87%), Fat: 3.56g (5.47%), Saturated Fat: 0.79g (4.92%), Carbohydrates: 19.47g (6.49%), Net Carbohydrates: 13.76g (5%), Sugar: 7g (7.78%), Cholesterol: 72.57mg (24.19%), Sodium: 756.63mg (32.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.46g (58.92%), Vitamin C: 172.89mg (209.57%), Vitamin K: 79.78µg (75.98%), Vitamin B3: 14.36mg (71.8%), Vitamin B6: 1.22mg (60.79%), Selenium: 40.67µg (58.1%), Phosphorus: 365.96mg (36.6%), Folate: 129.32µg (32.33%), Potassium: 1063.45mg (30.38%), Vitamin A: 1518IU (30.36%), Copper: 0.6mg (30.01%), Manganese: 0.59mg (29.32%), Iron: 4.88mg (27.13%), Vitamin B1: 0.36mg (24.11%), Vitamin B2: 0.4mg (23.53%), Vitamin B5: 2.31mg (23.1%), Fiber: 5.71g (22.82%), Magnesium: 81.31mg (20.33%), Vitamin E: 2.43mg (16.2%), Zinc: 1.91mg (12.71%), Calcium: 106.43mg (10.64%), Vitamin B12: 0.23µg (3.78%)