



Ranch Chicken & Potato Salad

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



25 min.

SERVINGS



25

CALORIES



56 kcal

SIDE DISH

Ingredients

- 2 Tbsp grey poupon country dijon mustard
- 2 Tbsp optional: dill fresh chopped
- 1 Tbsp olive oil
- 0.5 cup classic ranch dressing kraft
- 1 lb potatoes red quartered (6)
- 0.8 lb chicken breasts boneless skinless cut into thin strips
- 1.5 cups pasilla peppers mixed green red yellow chopped

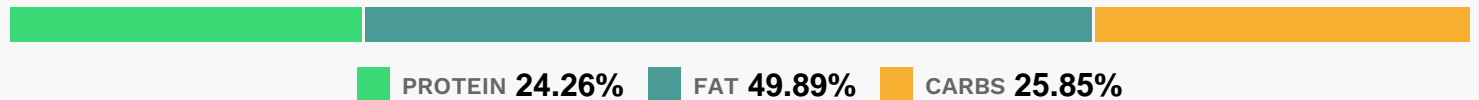
Equipment

- bowl
- frying pan
- sauce pan

Directions

- Cook potatoes in boiling water in saucepan 15 min. or just until tender.
- Meanwhile, heat oil in large skillet on medium-high heat.
- Add chicken; cook and stir 3 to 4 min. or until chicken is done.
- Place in large bowl; set aside.
- Mix dressing, mustard and dill until blended.
- Drain potatoes.
- Add to chicken along with the peppers and dressing mixture; mix lightly.

Nutrition Facts



Properties

Glycemic Index:2.28, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:3.218260852863%

Flavonoids

Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 56.34kcal (2.82%), Fat: 3.13g (4.82%), Saturated Fat: 0.5g (3.14%), Carbohydrates: 3.65g (1.22%), Net Carbohydrates: 3.14g (1.14%), Sugar: 0.69g (0.77%), Cholesterol: 9.96mg (3.32%), Sodium: 75.8mg (3.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.42g (6.85%), Vitamin C: 8.94mg (10.84%), Vitamin B3: 1.68mg (8.4%), Vitamin B6: 0.16mg (7.76%), Vitamin K: 8µg (7.62%), Selenium: 5.02µg (7.17%), Phosphorus: 51.68mg (5.17%), Potassium: 153.66mg (4.39%), Vitamin B5: 0.3mg (2.95%), Magnesium: 9.26mg (2.31%), Manganese: 0.05mg (2.3%), Vitamin B1: 0.03mg (2.1%), Fiber: 0.51g (2.05%), Copper: 0.04mg (1.79%), Vitamin E: 0.25mg (1.68%), Vitamin B2: 0.03mg (1.58%), Iron: 0.25mg (1.4%), Folate: 5.03µg (1.26%), Zinc: 0.17mg (1.11%)