



Roast Chicken Salad with Peaches, Goat Cheese, and Pecans

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 tablespoons balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 cups rotisserie chicken breast shredded boneless skinless
- ☐ 0.8 teaspoon dijon mustard
- ☐ 2 tablespoons goat cheese crumbled
- ☐ 0.3 teaspoon kosher salt
- ☐ 2.5 teaspoons juice of lemon fresh

- ☐ 2.5 teaspoons maple syrup
- ☐ 1.5 tablespoons olive oil extra-virgin
- ☐ 2 cups peaches peeled sliced
- ☐ 0.3 cup pecans toasted chopped
- ☐ 0.5 cup onion red vertically sliced
- ☐ 5 ounce gourmet salad greens
- ☐ 1.5 tablespoons shallots minced

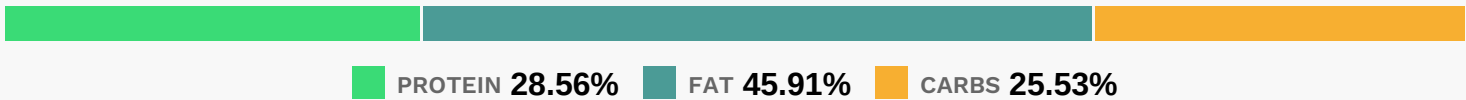
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk

Directions

- ☐ Combine first 8 ingredients; stir with a whisk.
- ☐ Combine chicken and remaining ingredients except cheese in a large bowl.
- ☐ Add vinegar mixture; toss gently.
- ☐ Sprinkle with cheese.
- ☐ Herbed bread: Unroll the dough from a (8-ounce) can refrigerated pizza crust. Fold dough in half; pat into a 9-inch square.
- ☐ Let rest 15 minutes.
- ☐ Brush dough with 1 tablespoon extra-virgin olive oil.
- ☐ Sprinkle evenly with 2 teaspoons chopped fresh thyme, 2 teaspoons chopped fresh rosemary, 1/4 teaspoon kosher salt, and 1/4 teaspoon freshly ground black pepper.
- ☐ Bake at 350 for 11 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:64.44, Glycemic Load:5.21, Inflammation Score:-7, Nutrition Score:14.502173825451%

Flavonoids

Cyanidin: 2.21mg, Cyanidin: 2.21mg, Cyanidin: 2.21mg, Cyanidin: 2.21mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Hesperetin: 0.45mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg

Nutrients (% of daily need)

Calories: 268.36kcal (13.42%), Fat: 13.87g (21.34%), Saturated Fat: 2.62g (16.4%), Carbohydrates: 17.36g (5.79%), Net Carbohydrates: 15.01g (5.46%), Sugar: 12.15g (13.5%), Cholesterol: 51.22mg (17.07%), Sodium: 291.74mg (12.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.41g (38.83%), Vitamin B3: 8.79mg (43.96%), Selenium: 26.69µg (38.12%), Vitamin B6: 0.68mg (34.03%), Manganese: 0.6mg (29.75%), Phosphorus: 236.46mg (23.65%), Vitamin C: 15.35mg (18.6%), Potassium: 531.28mg (15.18%), Vitamin A: 754.3IU (15.09%), Vitamin B5: 1.38mg (13.8%), Vitamin B2: 0.22mg (12.65%), Copper: 0.25mg (12.38%), Magnesium: 44.68mg (11.17%), Vitamin E: 1.58mg (10.56%), Vitamin B1: 0.14mg (9.6%), Fiber: 2.35g (9.4%), Zinc: 1.16mg (7.71%), Folate: 28.86µg (7.21%), Iron: 1.29mg (7.18%), Vitamin K: 6.31µg (6.01%), Calcium: 40.94mg (4.09%), Vitamin B12: 0.16µg (2.72%)