



Roast Chicken Salad with Yellow Bell Pepper & Lemon Slices

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



420 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 lemons
- ☐ 3 tablespoon marjoram leaves fresh
- ☐ 3 tablespoon olive oil extra-virgin
- ☐ 7 ounce parmigiano-reggiano cut into 1/8-inch-thick shards
- ☐ 2 cup roast chicken shredded skinless
- ☐ 4 servings salt & pepper as needed

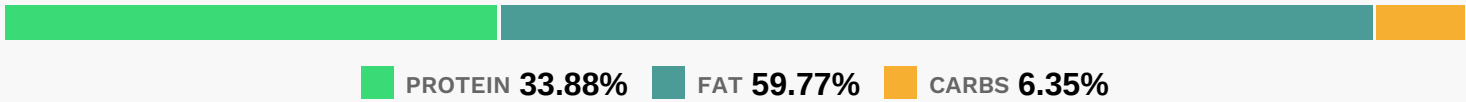
Equipment

- ☐ bowl
- ☐ knife

Directions

- ☐ Using a sharp paring knife, trim off top and bottom of lemons. Stand fruit on end and carefully cut the peel and white pith from flesh, following curve of fruit from top to bottom. Trim away any remaining pith.
- ☐ Cut each section away from membranes, cutting as close to membranes as you can. If thye are very large cut the fruit pieces in half crosswise and place them in a large bowl. To the bowl, add shredded chicken, bell peppers and cheese.
- ☐ Add oil, marjoram leaves and 1 teaspoon salt; toss to combine. Season to taste with black pepper and more salt if desired.

Nutrition Facts



Properties

Glycemic Index:21.13, Glycemic Load:1.34, Inflammation Score:-6, Nutrition Score:17.229565252428%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 420.4kcal (21.02%), Fat: 28.13g (43.28%), Saturated Fat: 10.88g (68%), Carbohydrates: 6.73g (2.24%), Net Carbohydrates: 5.16g (1.88%), Sugar: 1.76g (1.96%), Cholesterol: 86.24mg (28.75%), Sodium: 1043.2mg (45.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.88g (71.76%), Calcium: 612.14mg (61.21%), Phosphorus: 488.21mg (48.82%), Selenium: 28.6µg (40.86%), Vitamin C: 30.61mg (37.11%), Vitamin K: 31.76µg (30.25%), Vitamin B3: 5.72mg (28.62%), Vitamin B6: 0.38mg (18.83%), Zinc: 2.48mg (16.52%), Vitamin B2: 0.28mg (16.46%), Vitamin B12: 0.8µg (13.31%), Vitamin E: 1.71mg (11.42%), Vitamin A: 554.41IU (11.09%), Magnesium: 41.6mg (10.4%), Vitamin B5: 1.01mg (10.14%), Iron: 1.73mg (9.62%), Potassium: 288.92mg (8.25%), Fiber: 1.56g (6.25%), Vitamin B1: 0.09mg (5.71%), Copper: 0.08mg (3.91%), Folate: 15.19µg (3.8%), Manganese: 0.04mg (2.05%), Vitamin D: 0.25µg (1.65%)