



Roast Chicken with Grape and Blue Cheese Salad

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



679 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 small heads boston lettuce
- 3 ounces cheese blue crumbled
- 4 stalks celery sliced
- 0.5 pound grapes green halved
- 6 servings salt and pepper
- 2 tablespoons juice of lemon fresh
- 0.3 cup olive oil extra virgin extra-virgin

- 0.5 onion red finely chopped
- 3.5 pound rotisserie chicken cut sliced
- 2 tablespoons citrus champagne vinegar

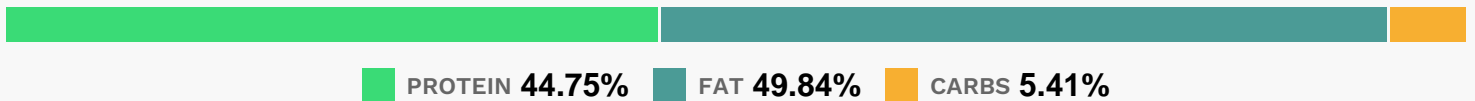
Equipment

- bowl
- whisk

Directions

- In a large bowl, combine the lettuce, celery, onion, grapes, and blue cheese. In a small bowl, whisk together the lemon juice, vinegar, oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Divide the salad and chicken among individual plates.
- Serve with the vinaigrette. Tip: Omit the chicken and this salad becomes a delicious side dish for grilled steak, pork chops, or burgers.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:3.39, Inflammation Score:-1, Nutrition Score:4.9495651968147%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.77mg, Apigenin: 0.77mg, Apigenin: 0.77mg, Apigenin: 0.77mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg

Nutrients (% of daily need)

Calories: 678.55kcal (33.93%), Fat: 37.81g (58.17%), Saturated Fat: 10.09g (63.04%), Carbohydrates: 9.23g (3.08%), Net Carbohydrates: 8.29g (3.01%), Sugar: 6.85g (7.61%), Cholesterol: 264.64mg (88.21%), Sodium: 1298.11mg (56.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 76.38g (152.76%), Vitamin K: 21.27µg (20.26%), Vitamin E: 1.92mg (12.78%), Calcium: 92.35mg (9.24%), Phosphorus: 72.38mg (7.24%), Vitamin B2: 0.1mg (5.84%), Potassium: 199.25mg (5.69%), Vitamin C: 4.69mg (5.68%), Vitamin A: 264.36IU (5.29%), Folate: 18.44µg (4.61%),

Vitamin B6: 0.09mg (4.47%), Fiber: 0.94g (3.77%), Manganese: 0.07mg (3.57%), Vitamin B5: 0.35mg (3.48%),
Copper: 0.07mg (3.4%), Selenium: 2.25µg (3.22%), Zinc: 0.46mg (3.06%), Vitamin B12: 0.17µg (2.88%), Vitamin B1:
0.04mg (2.76%), Magnesium: 10.3mg (2.58%), Iron: 0.35mg (1.96%), Vitamin B3: 0.32mg (1.59%)