



HEALTH SCORE

58%

Roasted chicken & new potato salad



Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



553 kcal

SIDE DISH

Ingredients

- ☐ 500 g baby potatoes halved
- ☐ 1 ready-roasted chicken
- ☐ 150 g pot yogurt low-fat
- ☐ 1 tbsp clear honey
- ☐ 1 handful tarragon leaves roughly chopped
- ☐ 225 g salad leaves
- ☐ 4 roasted peppers from a jar red sliced

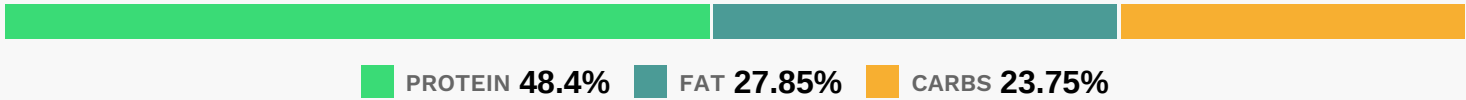
Equipment

☐ bowl

Directions

- ☐ Boil or steam the potatoes for 15–20 mins until tender, then cool quickly in cold water (its fine if theyre still a bit warm) and drain. Meanwhile, pull the meat off the roast chicken and tear into bite–size pieces.
- ☐ Mix the yogurt with the honey and tarragon, then season to taste. Toss the salad leaves, peppers, chicken and potatoes in a large bowl, drizzle the dressing over, then serve immediately.

Nutrition Facts



Properties

Glycemic Index:51.51, Glycemic Load:18.32, Inflammation Score:-8, Nutrition Score:30.691738881495%

Flavonoids

Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 553.03kcal (27.65%), Fat: 16.77g (25.81%), Saturated Fat: 4.78g (29.87%), Carbohydrates: 32.18g (10.73%), Net Carbohydrates: 28.96g (10.53%), Sugar: 7.93g (8.81%), Cholesterol: 182.25mg (60.75%), Sodium: 735.27mg (31.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 65.59g (131.18%), Vitamin B3: 20.82mg (104.08%), Selenium: 61.04µg (87.2%), Vitamin B6: 1.49mg (74.46%), Vitamin C: 55.33mg (67.07%), Phosphorus: 616.38mg (61.64%), Potassium: 1324.65mg (37.85%), Vitamin B2: 0.52mg (30.45%), Zinc: 4.55mg (30.34%), Vitamin B5: 3.01mg (30.1%), Iron: 4.66mg (25.9%), Magnesium: 96.75mg (24.19%), Manganese: 0.4mg (19.98%), Vitamin B1: 0.29mg (19.47%), Vitamin A: 961.92IU (19.24%), Copper: 0.36mg (17.82%), Folate: 63.65µg (15.91%), Vitamin B12: 0.91µg (15.1%), Calcium: 138.07mg (13.81%), Fiber: 3.22g (12.89%), Vitamin K: 2.45µg (2.33%)