



Roasted Chicken Quinoa Salad



Gluten Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



260 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 cups broccoli florets
- ☐ 0.5 cup carrots shredded
- ☐ 1 cup chicken breast shredded cooked
- ☐ 0.5 cup olive oil extra virgin
- ☐ 0.5 cup feta cheese crumbled
- ☐ 0.5 cup kalamata olives chopped
- ☐ 0.5 teaspoon kosher salt

- ☐ 2 tablespoons juice of lemon
- ☐ 0.3 cup parmesan cheese grated
- ☐ 1 cup quinoa dry
- ☐ 0.5 cup roasted bell peppers red chopped

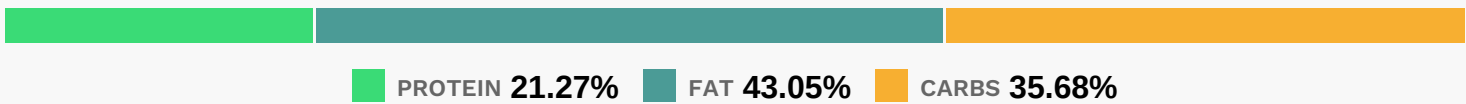
Equipment

- ☐ bowl
- ☐ canning jar

Directions

- ☐ Cook quinoa according to package directions. When done cooking, transfer it to a large bowl and toss with a fork.
- ☐ Let cool for 30 minutes or so tossing every 5 minutes.
- ☐ Add broccoli, chicken, carrots, olives, roasted red bell peppers, parmesan and Feta cheese to quinoa, stirring to combine.To make dressing, place oil, lemon, salt and pepper into a mason jar with a lid. Close lid and shake for 30 seconds or so until well combined.
- ☐ Pour over quinoa and stir to combine. Taste and add additional salt and pepper to taste.
- ☐ Serve room temperature or chilled.

Nutrition Facts



Properties

Glycemic Index:22.97, Glycemic Load:0.88, Inflammation Score:-9, Nutrition Score:17.605217258567%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 2.4mg, Kaempferol: 2.4mg, Kaempferol: 2.4mg, Kaempferol: 2.4mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 260.34kcal (13.02%), Fat: 12.63g (19.43%), Saturated Fat: 3.7g (23.15%), Carbohydrates: 23.55g (7.85%), Net Carbohydrates: 19.92g (7.24%), Sugar: 1.21g (1.35%), Cholesterol: 32.25mg (10.75%), Sodium: 780.87mg (33.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.04g (28.09%), Vitamin A: 2179.37IU (43.59%), Vitamin C: 35.05mg (42.48%), Manganese: 0.71mg (35.35%), Vitamin K: 35.24µg (33.56%), Phosphorus: 270.02mg (27%), Folate: 81.92µg (20.48%), Vitamin B6: 0.38mg (19.24%), Magnesium: 75.31mg (18.83%), Selenium: 12.4µg (17.72%), Vitamin B2: 0.29mg (17.13%), Fiber: 3.64g (14.56%), Calcium: 144.18mg (14.42%), Vitamin B3: 2.79mg (13.96%), Vitamin E: 2mg (13.32%), Zinc: 1.95mg (13.03%), Copper: 0.24mg (11.88%), Iron: 2.12mg (11.78%), Vitamin B1: 0.17mg (11.47%), Potassium: 387.55mg (11.07%), Vitamin B5: 0.8mg (7.99%), Vitamin B12: 0.34µg (5.59%)