



## Roasted Chicken Salad

 Gluten Free

READY IN



70 min.

SERVINGS



15

CALORIES



470 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.7 cup roasted almonds sliced
- 2 pinches cayenne pepper
- 0.5 bunch celery chopped
- 2 tablespoons chives
- 3 cloves garlic minced
- 2 tablespoons honey
- 1 juice of lemon juiced
- 1 tablespoon lavender

- 1 cup mayonnaise
- 0.3 cup olive oil extra-virgin
- 1 large onion chopped
- 2 tablespoons parsley leaves chopped
- 15 servings salt and pepper
- 7.5 pounds chicken breasts boneless skinless
- 0.8 cup cup heavy whipping cream sour
- 2 tablespoons tarragon leaves chopped

## Equipment

- oven
- kitchen thermometer

## Directions

- Preheat the oven to 400 degrees F.
- Clean the chicken thoroughly.
- Sprinkle salt, pepper, cayenne, lavender, lemon, and garlic on chicken.
- Bake in preheated oven until golden brown, about 20 minutes. (Note: it is a good idea to check chicken temperature with a meat thermometer. It should be at least 165 degrees F).
- Let chicken cool, and then pull it into small strips.
- Add roasted almonds, onions, celery, dressing and herbs.
- Mix together all ingredients in dressing, add to chicken and mix. Can be served by itself or on a sandwich.
- Mix all ingredients together.

## Nutrition Facts



## Properties

Glycemic Index:25.35, Glycemic Load:1.87, Inflammation Score:-6, Nutrition Score:25.718260868736%

## Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 1.19mg, Apigenin: 1.19mg, Apigenin: 1.19mg, Apigenin: 1.19mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

## Nutrients (% of daily need)

Calories: 469.5kcal (23.47%), Fat: 26.17g (40.27%), Saturated Fat: 4.96g (31.01%), Carbohydrates: 6.31g (2.1%), Net Carbohydrates: 5.17g (1.88%), Sugar: 3.58g (3.97%), Cholesterol: 158.21mg (52.74%), Sodium: 558.03mg (24.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.36g (100.72%), Vitamin B3: 24.03mg (120.13%), Selenium: 73.83µg (105.47%), Vitamin B6: 1.76mg (88.11%), Phosphorus: 526.98mg (52.7%), Vitamin K: 37.28µg (35.51%), Vitamin B5: 3.35mg (33.53%), Potassium: 962.17mg (27.49%), Vitamin E: 3.16mg (21.09%), Magnesium: 82.78mg (20.7%), Vitamin B2: 0.34mg (20.09%), Manganese: 0.29mg (14.41%), Vitamin B1: 0.17mg (11.47%), Zinc: 1.66mg (11.03%), Iron: 1.55mg (8.64%), Vitamin B12: 0.5µg (8.26%), Vitamin C: 6.21mg (7.53%), Copper: 0.15mg (7.37%), Vitamin A: 315.83IU (6.32%), Calcium: 59.74mg (5.97%), Folate: 20.09µg (5.02%), Fiber: 1.14g (4.57%), Vitamin D: 0.26µg (1.71%)