



Salade Niçoise with Grilled Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



296 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon anchovy paste
- ☐ 8 cherry tomatoes halved
- ☐ 2 tablespoons dijon mustard divided
- ☐ 0.5 teaspoon tarragon dried
- ☐ 0.3 cup cooking wine dry white
- ☐ 3 garlic cloves minced
- ☐ 2 cups cut green beans (2-inch) ()
- ☐ 1 tablespoon green onions chopped

- ☐ 2 tablespoons olive oil
- ☐ 3 cups potatoes red thinly sliced
- ☐ 0.3 cup shallots divided minced
- ☐ 16 ounce skinned
- ☐ 3 tablespoons citrus champagne vinegar

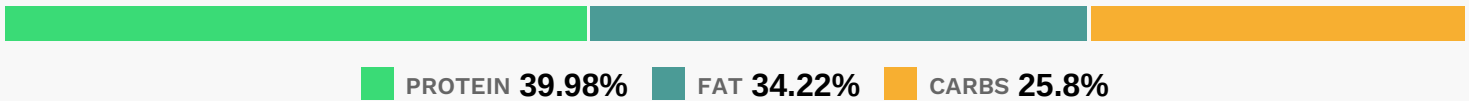
Equipment

- ☐ bowl
- ☐ broiler pan

Directions

- ☐ Steam potatoes, covered, 15 minutes or until tender; cool slightly.
- ☐ Combine potatoes and wine in a bowl; stir gently to coat. Steam green beans, covered, 6 minutes or until crisp-tender. Rinse under cold water; drain.
- ☐ Combine 2 tablespoons shallots, 1 tablespoon Dijon mustard, and tarragon in a bowl.
- ☐ Add chicken, tossing well to coat.
- ☐ Place chicken on a broiler pan coated with cooking spray, and broil for 6 minutes on each side or until chicken is done. Cool slightly; slice into 1/2-inch strips.
- ☐ Combine 2 tablespoons shallots, 1 tablespoon Dijon mustard, vinegar, oil, anchovy paste, and garlic in large bowl.
- ☐ Add potatoes and green beans; toss gently.
- ☐ Spoon 1 1/4 cups potato mixture onto each of 4 plates; top each portion with one-fourth of chicken strips. Arrange the tomatoes on each salad, and sprinkle with green onions.

Nutrition Facts



Properties

Glycemic Index:63.75, Glycemic Load:2.07, Inflammation Score:-7, Nutrition Score:21.430434890415%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

Nutrients (% of daily need)

Calories: 296.33kcal (14.82%), Fat: 10.86g (16.71%), Saturated Fat: 1.78g (11.11%), Carbohydrates: 18.42g (6.14%), Net Carbohydrates: 14.84g (5.4%), Sugar: 4.84g (5.37%), Cholesterol: 75.97mg (25.32%), Sodium: 382.35mg (16.62%), Alcohol: 1.54g (100%), Alcohol %: 0.61% (100%), Protein: 28.55g (57.11%), Vitamin B3: 13.99mg (69.94%), Selenium: 42.87µg (61.25%), Vitamin B6: 1.16mg (57.8%), Phosphorus: 338.3mg (33.83%), Vitamin K: 34.59µg (32.94%), Potassium: 983.9mg (28.11%), Vitamin C: 23.04mg (27.93%), Vitamin B5: 2.06mg (20.63%), Manganese: 0.41mg (20.6%), Magnesium: 71.81mg (17.95%), Fiber: 3.58g (14.32%), Vitamin B1: 0.21mg (13.89%), Vitamin B2: 0.23mg (13.37%), Iron: 2.38mg (13.23%), Vitamin A: 616.89IU (12.34%), Vitamin E: 1.82mg (12.14%), Folate: 45.17µg (11.29%), Copper: 0.21mg (10.65%), Zinc: 1.29mg (8.61%), Calcium: 64.96mg (6.5%), Vitamin B12: 0.26µg (4.37%), Vitamin D: 0.18µg (1.21%)