



Shredded chicken, green bean & barley salad with paprika & lemon

 Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



631 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 small rotisserie chicken cut
- ☐ 100 g quick-cooking barley
- ☐ 200 g green beans trimmed
- ☐ 1 bell pepper yellow cut into matchsticks
- ☐ 1 small onion red cut into thin half-moon slices
- ☐ 50 g almonds flaked toasted
- ☐ 1 lemon zest

- ☐ 1 handful parsley finely chopped
- ☐ 3 tbsp red wine vinegar
- ☐ 5 tbsp olive oil extra virgin extra-virgin
- ☐ 1 tsp dijon mustard
- ☐ 1 tsp paprika smoked

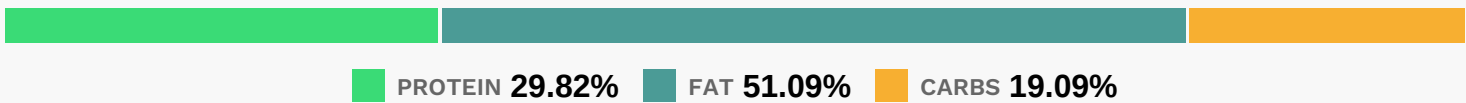
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Remove the skin from the chicken and shred the meat off the bones into bite-size pieces. Cook the pearl barley in boiling, salted water until tender, but not too soft, about 20 mins.
- ☐ Drain well, then tip into a large bowl.
- ☐ Blanch the green beans in more boiling, salted water for about 5 mins, until just cooked.
- ☐ Drain, rinse with cold water to cool, then pat dry with kitchen paper.
- ☐ Add to the barley along with pepper, onion, almonds, lemon zest and parsley.
- ☐ Whisk together the dressing ingredients with seasoning.
- ☐ Pour over the salad, toss everything together and serve.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:1.69, Inflammation Score:-7, Nutrition Score:18.353043462919%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin:

0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 1.71mg, Isorhamnetin: 1.71mg, Isorhamnetin: 1.71mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg

Nutrients (% of daily need)

Calories: 630.97kcal (31.55%), Fat: 36.6g (56.31%), Saturated Fat: 6.27g (39.17%), Carbohydrates: 30.76g (10.25%), Net Carbohydrates: 22.79g (8.29%), Sugar: 3.71g (4.12%), Cholesterol: 144mg (48%), Sodium: 543.55mg (23.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.07g (96.15%), Vitamin C: 66.06mg (80.07%), Vitamin K: 49.52µg (47.16%), Manganese: 0.81mg (40.72%), Vitamin E: 6.1mg (40.64%), Fiber: 7.97g (31.87%), Magnesium: 74.98mg (18.75%), Copper: 0.32mg (15.96%), Selenium: 10.93µg (15.62%), Phosphorus: 154.06mg (15.41%), Vitamin A: 742.82IU (14.86%), Vitamin B2: 0.25mg (14.53%), Vitamin B6: 0.25mg (12.53%), Iron: 2.15mg (11.92%), Vitamin B3: 2.34mg (11.72%), Potassium: 396.09mg (11.32%), Folate: 42.76µg (10.69%), Vitamin B1: 0.14mg (9.41%), Zinc: 1.19mg (7.92%), Calcium: 75.14mg (7.51%), Vitamin B5: 0.35mg (3.51%)