



Smoked Chicken-and-Potato Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



289 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 8 ounces ready-to-eat chicken breasts smoked cut into julienne strips
- ☐ 2 teaspoons dijon mustard
- ☐ 0.3 cup green onions thinly sliced
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 5 medium potatoes red halved cut into 1/4-inch slices (4 cups)
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons water

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3 tablespoons citrus champagne vinegar

Equipment

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bowl

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sauce pan

☐

whisk

Directions

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Place potatoes in a medium saucepan; cover with water. Bring to a boil. Cook 5 minutes; drain and set aside.

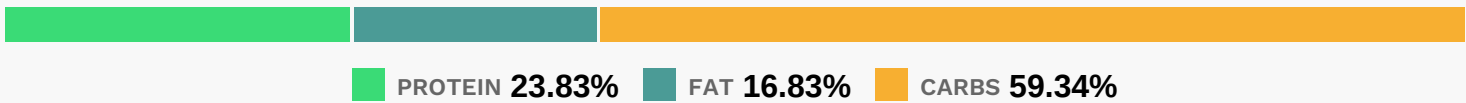
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Combine vinegar and next 5 ingredients (vinegar through pepper) in a large bowl; stir with a whisk.

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Add potatoes, chicken, and onions; toss to coat.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.15, Inflammation Score:-5, Nutrition Score:18.073043439699%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg

Nutrients (% of daily need)

Calories: 288.59kcal (14.43%), Fat: 5.45g (8.38%), Saturated Fat: 0.91g (5.68%), Carbohydrates: 43.19g (14.4%), Net Carbohydrates: 38.31g (13.93%), Sugar: 3.67g (4.07%), Cholesterol: 36.29mg (12.1%), Sodium: 289.24mg (12.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.35g (34.69%), Vitamin B3: 9.03mg (45.16%), Vitamin B6: 0.88mg (44.22%), Potassium: 1454.09mg (41.55%), Vitamin C: 25.21mg (30.56%), Selenium: 20.38µg (29.12%), Phosphorus: 288.36mg (28.84%), Vitamin K: 27.43µg (26.13%), Manganese: 0.43mg (21.46%), Fiber: 4.88g (19.53%), Copper: 0.38mg (19.25%), Magnesium: 76.93mg (19.23%), Vitamin B1: 0.26mg (17.43%), Vitamin B5: 1.57mg (15.66%), Folate: 55.72µg (13.93%), Iron: 2.4mg (13.33%), Vitamin B2: 0.15mg (8.69%), Zinc: 1.26mg (8.41%), Vitamin E: 0.69mg (4.63%), Calcium: 38.61mg (3.86%), Vitamin A: 121.19IU (2.42%), Vitamin B12: 0.11µg (1.89%)