



Smoked Chicken Salad

 Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



500 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounce baby spinach
- ☐ 16 ounce vacuum-sealed packages beets cooked quartered
- ☐ 0.3 cup cheese blue crumbled
- ☐ 8 ounce chicken breast smoked thinly sliced
- ☐ 3 persian cucumbers roughly chopped
- ☐ 4 whole-grain dinner rolls
- ☐ 1 pint grape tomatoes halved
- ☐ 14 ounce hearts of palm halved lengthwise drained canned

- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 0.5 cup greek yogurt plain
- ☐ 1 small shallots finely chopped
- ☐ 0.3 cup walnuts

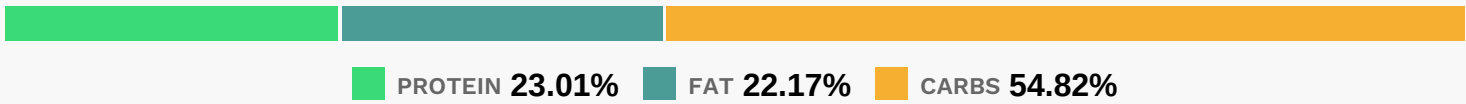
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Spread the walnuts on a baking sheet and roast until golden, 10 to 12 minutes; let cool slightly, then chop.
- ☐ Whisk the yogurt, blue cheese, shallot and 1 tablespoon water in a large bowl; whisk in another tablespoon of water if the dressing is too thick. Season with salt and pepper.
- ☐ Add the spinach, tomatoes, hearts of palm, cucumbers and beets to the bowl with the dressing and toss.
- ☐ Add the chicken and toss again. Divide among plates and top with the walnuts. Season with salt and pepper.
- ☐ Serve with the rolls.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:56.5, Glycemic Load:7.21, Inflammation Score:-10, Nutrition Score:49.532608682695%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 2.82mg, Kaempferol: 2.82mg, Kaempferol: 2.82mg, Kaempferol: 2.82mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg

Nutrients (% of daily need)

Calories: 500.33kcal (25.02%), Fat: 12.62g (19.41%), Saturated Fat: 3.19g (19.91%), Carbohydrates: 70.2g (23.4%), Net Carbohydrates: 59.28g (21.56%), Sugar: 33.33g (37.03%), Cholesterol: 43.87mg (14.62%), Sodium: 738.16mg (32.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.47g (58.95%), Vitamin K: 232.89µg (221.8%), Vitamin A: 5323.88IU (106.48%), Potassium: 3353.41mg (95.81%), Manganese: 1.77mg (88.67%), Vitamin B6: 1.72mg (86.01%), Folate: 321.31µg (80.33%), Copper: 1.22mg (60.91%), Vitamin C: 50.13mg (60.76%), Selenium: 38.6µg (55.15%), Phosphorus: 540.24mg (54.02%), Vitamin B3: 10.26mg (51.31%), Fiber: 10.92g (43.67%), Zinc: 6.23mg (41.54%), Vitamin B2: 0.67mg (39.52%), Magnesium: 157.39mg (39.35%), Iron: 6.62mg (36.78%), Vitamin B1: 0.49mg (32.7%), Calcium: 281.85mg (28.18%), Vitamin B5: 2.1mg (21.02%), Vitamin E: 2.45mg (16.34%), Vitamin B12: 0.39µg (6.52%)