



Spring Chicken Salad

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 kirby cucumber peeled halved lengthwise seeded sliced
- ☐ 2 tablespoons chives fresh chopped
- ☐ 2 tablespoons tarragon fresh chopped
- ☐ 4 servings kosher salt
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 4 servings pepper freshly ground
- ☐ 0.3 cup greek yogurt plain low-fat
- ☐ 4 radishes cut into wedges

- ☐ 0.5 pound red-skinned potatoes halved
- ☐ 4 baby greens
- ☐ 2 cups rotisserie chicken cut shredded skinless
- ☐ 2 tablespoons citrus champagne vinegar
- ☐ 1 bell pepper yellow thinly sliced

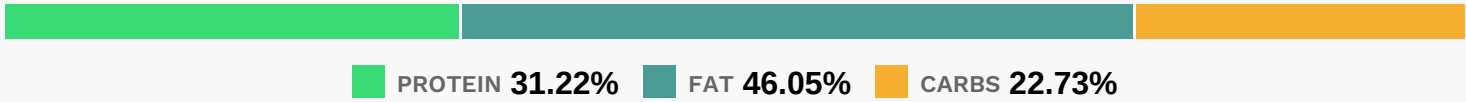
Equipment

- ☐ food processor
- ☐ bowl
- ☐ pot

Directions

- ☐ Place the potatoes in a small pot and cover with water. Season with salt, cover and boil until fork-tender, about 6 minutes.
- ☐ Drain and cool.
- ☐ Meanwhile, pulse the chives, tarragon, vinegar, yogurt, 1/2 teaspoon salt, and pepper to taste in a food processor.
- ☐ Slowly drizzle in the olive oil and pulse to make a thick dressing.
- ☐ Toss the romaine, potatoes, chicken, cucumber, radishes and bell pepper with the dressing in a large bowl. Season with salt and pepper.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:1.26, Inflammation Score:-10, Nutrition Score:30.338695837104%

Flavonoids

Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg,

Luteolin: 0.38mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg

Nutrients (% of daily need)

Calories: 319.59kcal (15.98%), Fat: 16.86g (25.94%), Saturated Fat: 2.62g (16.38%), Carbohydrates: 18.73g (6.24%), Net Carbohydrates: 14.22g (5.17%), Sugar: 3.62g (4.03%), Cholesterol: 62.92mg (20.98%), Sodium: 463mg (20.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.72g (51.45%), Vitamin A: 10185.99IU (203.72%), Vitamin K: 134.41µg (128.01%), Vitamin C: 69.64mg (84.41%), Folate: 202.88µg (50.72%), Vitamin B3: 8.65mg (43.25%), Selenium: 25.15µg (35.93%), Manganese: 0.66mg (33.01%), Phosphorus: 300.96mg (30.1%), Potassium: 1050.87mg (30.02%), Vitamin B6: 0.59mg (29.66%), Iron: 3.45mg (19.14%), Magnesium: 74.09mg (18.52%), Fiber: 4.52g (18.06%), Vitamin B2: 0.3mg (17.61%), Vitamin B5: 1.61mg (16.12%), Vitamin B1: 0.23mg (15.4%), Vitamin E: 2.24mg (14.96%), Copper: 0.28mg (13.86%), Calcium: 123.8mg (12.38%), Zinc: 1.49mg (9.92%), Vitamin B12: 0.28µg (4.72%)