



Summer Harvest Chicken-Potato Salad

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



321 kcal

SIDE DISH

Ingredients

- 1 lb potatoes – remove skin red cut into 3/4-inch cubes
- 0.5 lb green beans fresh trimmed cut into 1-inch pieces (2 cups)
- 0.5 cup yogurt plain fat-free
- 0.3 cup ranch dressing fat-free
- 1 tablespoon horseradish prepared
- 0.3 teaspoon salt
- 1 Dash pepper
- 2 cups chicken breast strips/pre-cooked/chopped cooked

0.7 cup celery thinly sliced

1 serving the salad

Equipment

bowl

sauce pan

Directions

In 2-quart saucepan, heat 6 cups lightly salted water to boiling.

Add potatoes; return to boiling. Reduce heat; simmer 5 minutes.

Add green beans; cook uncovered 8 to 12 minutes longer or until potatoes and beans are crisp-tender.

Meanwhile, in small bowl, mix yogurt, dressing, horseradish, salt and pepper; set aside.

Drain potatoes and green beans; rinse with cold water to cool. In large serving bowl, mix potatoes, green beans, chicken and celery.

Pour yogurt mixture over salad; toss gently to coat. Line plates with greens; spoon salad onto greens.

Nutrition Facts



Properties

Glycemic Index:36.25, Glycemic Load:1.3, Inflammation Score:-7, Nutrition Score:19.823913061101%

Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg

Nutrients (% of daily need)

Calories: 321.42kcal (16.07%), Fat: 11.8g (18.15%), Saturated Fat: 2.21g (13.84%), Carbohydrates: 26.78g (8.93%), Net Carbohydrates: 22.92g (8.33%), Sugar: 7.13g (7.92%), Cholesterol: 65.31mg (21.77%), Sodium: 456.56mg (19.85%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.2g (54.4%), Vitamin B3: 11.49mg (57.45%), Vitamin K: 59.76µg (56.92%), Vitamin B6: 0.74mg (36.91%), Phosphorus: 344.74mg (34.47%), Selenium: 22.24µg (31.78%), Potassium: 976.24mg (27.89%), Vitamin C: 20.72mg (25.12%), Magnesium: 70.25mg (17.56%), Manganese: 0.34mg (17.23%), Vitamin B2: 0.28mg (16.38%), Fiber: 3.86g (15.43%), Vitamin B5: 1.53mg (15.33%), Folate: 58.3µg (14.57%), Vitamin B1: 0.21mg (14.13%), Iron: 2.34mg (13.02%), Copper: 0.25mg (12.36%), Vitamin A: 613IU (12.26%), Calcium: 119.7mg (11.97%), Zinc: 1.62mg (10.77%), Vitamin B12: 0.46µg (7.65%), Vitamin E: 0.92mg (6.15%)