



Tarragon Chicken Salad

 **Gluten Free**  **Dairy Free**

READY IN



140 min.

SERVINGS



6

CALORIES



501 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings pepper black freshly ground
- 0.7 cup celery stalks (from 2 medium celery stalks)
- 2 tablespoons champagne vinegar
- 2 pounds chicken breast bone-in
- 3 tablespoons tarragon fresh finely chopped
- 6 servings kosher salt
- 0.7 cup mayonnaise
- 2 tablespoons olive oil

- 0.3 cup onion red
- 1 cup baking apples are apples that have a sweet-tart balance and hold their shape when such as braeburn, granny smith, or gravenstein
- 2 .6 lb. chicken legs and thighs. this weight usually gives me 4 legs and 4 thighs whole

Equipment

- bowl
- baking sheet
- oven
- plastic wrap
- kitchen thermometer
- cutting board

Directions

- Heat the oven to 400°F and arrange a rack in the middle. Rub the chicken on both sides with the olive oil and season generously on both sides with salt and pepper.
- Place on a baking sheet and cook until an instant-read thermometer registers 160°F, about 45 to 50 minutes.
- Remove the chicken from the baking sheet to a cutting board and let it rest until cool enough to handle, about 20 minutes. Meanwhile, place the onion and vinegar in a small, nonreactive bowl and set aside. When the chicken has cooled, remove the meat from the bone, discarding the skin, cartilage, and fat. Tear the meat into bite-sized pieces and place in a large bowl (you should have about 4 cups).
- Add the onion-vinegar mixture and the remaining ingredients, season with salt and pepper, and stir to evenly combine. Taste and season with additional salt and pepper as needed. Cover with plastic wrap and refrigerate until thoroughly chilled, about 1 hour.

Nutrition Facts

 **PROTEIN 32.67%**  **FAT 62.57%**  **CARBS 4.76%**

Properties

Glycemic Index:40.5, Glycemic Load:2.08, Inflammation Score:-5, Nutrition Score:22.63217378181%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

Nutrients (% of daily need)

Calories: 501.35kcal (25.07%), Fat: 34.37g (52.87%), Saturated Fat: 6.37g (39.8%), Carbohydrates: 5.88g (1.96%), Net Carbohydrates: 4.8g (1.75%), Sugar: 2.74g (3.05%), Cholesterol: 147.15mg (49.05%), Sodium: 575.43mg (25.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.38g (80.76%), Vitamin B3: 18.18mg (90.9%), Selenium: 56.92µg (81.32%), Vitamin B6: 1.38mg (69.02%), Vitamin K: 48.61µg (46.29%), Phosphorus: 407.73mg (40.77%), Vitamin B5: 2.67mg (26.74%), Potassium: 821.84mg (23.48%), Manganese: 0.35mg (17.66%), Vitamin B2: 0.28mg (16.3%), Magnesium: 63.18mg (15.8%), Vitamin E: 1.94mg (12.94%), Iron: 2.16mg (12%), Zinc: 1.72mg (11.46%), Vitamin B1: 0.15mg (9.9%), Vitamin B12: 0.57µg (9.55%), Vitamin C: 5.47mg (6.64%), Vitamin A: 310.36IU (6.21%), Calcium: 61.46mg (6.15%), Folate: 24.55µg (6.14%), Copper: 0.11mg (5.33%), Fiber: 1.08g (4.31%), Vitamin D: 0.24µg (1.63%)