



The Best Chicken Salad



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



848 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups rotisserie chicken cut shredded (from 2-lb chicken)
- ☐ 2 cups broccoli florets fresh
- ☐ 1 bell pepper red chopped
- ☐ 2 tablespoons onion grated
- ☐ 1 clove garlic finely chopped
- ☐ 0.8 cup mayonnaise
- ☐ 1 tablespoon honey
- ☐ 1 tablespoon dijon mustard

- ☐ 0.3 cup optional: dill fresh coarsely chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon pepper
- ☐ 4 large radicchio thinly

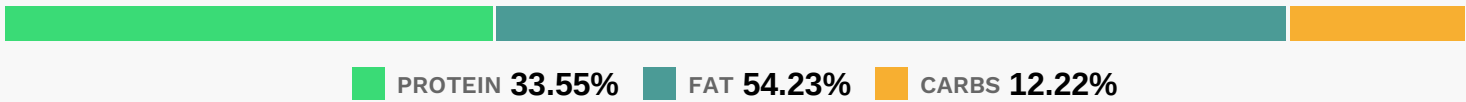
Equipment

- ☐ bowl

Directions

- ☐ In large bowl, mix chicken, broccoli, bell pepper, onion and garlic.
- ☐ In small bowl, mix mayonnaise, honey and mustard.
- ☐ Add dressing to chicken mixture; mix well.
- ☐ Sprinkle with dill, salt and pepper; stir until incorporated.
- ☐ To serve, spoon salad onto radicchio leaves.

Nutrition Facts



Properties

Glycemic Index:75.57, Glycemic Load:3.58, Inflammation Score:-10, Nutrition Score:29.267391033795%

Flavonoids

Cyanidin: 444.46mg, Cyanidin: 444.46mg, Cyanidin: 444.46mg, Cyanidin: 444.46mg Delphinidin: 26.88mg, Delphinidin: 26.88mg, Delphinidin: 26.88mg, Delphinidin: 26.88mg Luteolin: 133.48mg, Luteolin: 133.48mg, Luteolin: 133.48mg, Luteolin: 133.48mg Isorhamnetin: 1.53mg, Isorhamnetin: 1.53mg, Isorhamnetin: 1.53mg, Isorhamnetin: 1.53mg Kaempferol: 4mg, Kaempferol: 4mg, Kaempferol: 4mg, Kaempferol: 4mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 114.48mg, Quercetin: 114.48mg, Quercetin: 114.48mg, Quercetin: 114.48mg

Nutrients (% of daily need)

Calories: 847.88kcal (42.39%), Fat: 52.05g (80.08%), Saturated Fat: 10.34g (64.66%), Carbohydrates: 26.38g (8.79%), Net Carbohydrates: 21.03g (7.65%), Sugar: 8.99g (9.99%), Cholesterol: 244.76mg (81.59%), Sodium: 1515.18mg (65.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 72.45g (144.91%), Vitamin K: 1009.33µg (961.26%), Vitamin C: 109.81mg (133.1%), Vitamin E: 10.13mg (67.53%), Folate: 260.24µg (65.06%), Copper: 1.25mg

(62.28%), Potassium: 1315.68mg (37.59%), Manganese: 0.72mg (36.17%), Vitamin A: 1567.65IU (31.35%), Fiber: 5.36g (21.42%), Vitamin B6: 0.39mg (19.72%), Phosphorus: 195.78mg (19.58%), Zinc: 2.58mg (17.18%), Iron: 2.87mg (15.94%), Magnesium: 63.69mg (15.92%), Vitamin B5: 1.41mg (14.09%), Vitamin B2: 0.2mg (11.78%), Calcium: 105.91mg (10.59%), Selenium: 6.74µg (9.64%), Vitamin B1: 0.12mg (8.1%), Vitamin B3: 1.56mg (7.81%)