



Tomato-Chicken Salad

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



235 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups meat from a rotisserie chicken cooked chopped
- ☐ 1 large cucumber english sliced
- ☐ 0.5 cup feta cheese crumbled
- ☐ 0.3 cup basil leaves fresh loosely packed
- ☐ 0.5 cup flat-leaf parsley fresh chopped
- ☐ 0.3 cup green onion sliced
- ☐ 1 optional: lemon
- ☐ 2 tablespoons olive oil

- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 1 teaspoon salt
- ☐ 2 pounds tomatoes assorted halved chopped

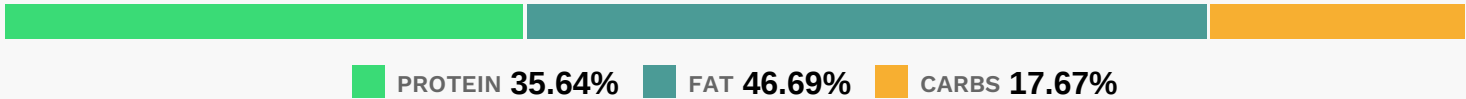
Equipment

- ☐ bowl

Directions

- ☐ Grate zest from lemon to equal 2 tsp.; squeeze juice from lemon to equal 2 Tbsp.
- ☐ Combine lemon zest, juice, tomatoes, and next 8 ingredients in a large bowl.
- ☐ Let stand 10 minutes. Toss with crumbled feta just before serving.

Nutrition Facts



Properties

Glycemic Index:42.75, Glycemic Load:2.12, Inflammation Score:-9, Nutrition Score:20.08521729319%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 1.13mg, Naringenin: 1.13mg, Naringenin: 1.13mg, Naringenin: 1.13mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 1.03mg, Myricetin: 1.03mg, Myricetin: 1.03mg, Myricetin: 1.03mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 235kcal (11.75%), Fat: 12.47g (19.18%), Saturated Fat: 3.65g (22.83%), Carbohydrates: 10.61g (3.54%), Net Carbohydrates: 7.71g (2.81%), Sugar: 5.41g (6.01%), Cholesterol: 63.63mg (21.21%), Sodium: 595.13mg (25.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.41g (42.82%), Vitamin K: 118.23µg (112.6%), Vitamin C: 39.27mg (47.6%), Vitamin A: 1913.79IU (38.28%), Vitamin B3: 6.7mg (33.52%), Selenium: 19.36µg (27.66%), Vitamin B6: 0.5mg (25.22%), Phosphorus: 232.96mg (23.3%), Potassium: 669.22mg (19.12%), Vitamin B2: 0.27mg (15.68%), Manganese: 0.28mg (14.05%), Zinc: 1.87mg (12.48%), Folate: 46.63µg (11.66%), Fiber: 2.9g (11.6%), Magnesium: 45.92mg (11.48%), Iron: 2.03mg (11.3%), Vitamin B5: 1.13mg (11.27%), Calcium: 110.52mg (11.05%), Vitamin E: 1.62mg (10.82%), Vitamin B1: 0.15mg (9.76%), Copper: 0.18mg (8.88%), Vitamin B12: 0.41µg (6.9%)