



 **82%**
HEALTH SCORE

Turkish Chicken Salad with Home-made Cacik Yogurt Sauce

 **Gluten Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



643 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 carrots grated
- 1 cucumber
- 3 small pieces garlic
- 2 large pickled cucumbers / gherkins sliced
- 2 large jalapeno
- 1 juice of lemon
- 1 small lebanese cucumber (or)

- 4 servings juice of lemon
- 1 large head lettuce green
- 1 cup olive oil
- 1 Handful parsley chopped
- 0.3 cabbage red thinly sliced
- 1 small onion red
- 1 roasted chicken whole
- 4 servings salt and pepper
- 2 tomatoes
- 250 ml yogurt plain turkish or greek-style

Equipment

- bowl
- frying pan
- cutting board

Directions

- First prepare the Cacik: For the Cacik: Chop the cucumber into tiny pieces, as small as you can, and place in a bowl. Cover the cucumber with salt and set aside for 30 minutes. The cucumbers will start to exude their juices which will flavour the yogurt nicely.
- Put a griddle pan on medium high heat, cover the peppers with olive oil and start to char.
- Cut the tomato and cucumber into medium pieces. Slice the red onion as thin as you can. Chop the parsley fine.
- Place all ingredients in a bowl and cover with a the juice of 1 lemon. Season with salt and pepper.
- Let it sit in the fridge for 30 minutes 1 hour, stirring a couple times, so it starts to exude juice.
- Tear the lettuce into mouth-sized peices.
- Cut the red cabbage into thin slices. Grate the carrot.
- Mix together in a bowl.
- Tear the chicken into large pieces and add to the salad.

- Remove the tomato salsa from the fridge.
- Drain the juice and keep for later. Now add the tomato, cucumber, parsley onion mix to the chicken salad, as well as the sliced gherkin.
- Lay out the salad on a large plate or chopping board.
- Serve with the charred peppers, cacik, salsa vinaigrette and some chilli sauce.

Nutrition Facts

PROTEIN 41.62%

FAT 41.57%

CARBS 16.81%

Properties

Glycemic Index:75.96, Glycemic Load:4.53, Inflammation Score:-10, Nutrition Score:43.895217391304%

Flavonoids

Cyanidin: 110.03mg, Cyanidin: 110.03mg, Cyanidin: 110.03mg, Cyanidin: 110.03mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg Hesperetin: 3.26mg, Hesperetin: 3.26mg, Hesperetin: 3.26mg, Hesperetin: 3.26mg Naringenin: 0.73mg, Naringenin: 0.73mg, Naringenin: 0.73mg, Naringenin: 0.73mg Apigenin: 2.48mg, Apigenin: 2.48mg, Apigenin: 2.48mg, Apigenin: 2.48mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 9.32mg, Quercetin: 9.32mg, Quercetin: 9.32mg, Quercetin: 9.32mg

Taste

Sweetness: 24.93%, Saltiness: 100%, Sourness: 38.97%, Bitterness: 33.58%, Savoriness: 67.46%, Fattiness: 89.04%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 642.89kcal (32.14%), Fat: 29.78g (45.82%), Saturated Fat: 7.36g (46%), Carbohydrates: 27.1g (9.03%), Net Carbohydrates: 20.07g (7.3%), Sugar: 16.12g (17.91%), Cholesterol: 188.41mg (62.8%), Sodium: 1271.03mg (55.26%), Protein: 67.08g (134.15%), Vitamin K: 146.27µg (139.3%), Vitamin A: 5178.5IU (103.57%), Vitamin B3: 20.19mg (100.96%), Selenium: 61.58µg (87.97%), Vitamin C: 70.61mg (85.58%), Vitamin B6: 1.42mg (71.05%), Phosphorus: 652.39mg (65.24%), Potassium: 1555.19mg (44.43%), Vitamin B2: 0.62mg (36.26%), Vitamin B5: 3.42mg (34.24%), Manganese: 0.68mg (33.98%), Zinc: 4.95mg (32.99%), Folate: 122.41µg (30.6%), Iron: 5.22mg (28.98%), Magnesium: 115.66mg (28.91%), Fiber: 7.02g (28.08%), Vitamin B1: 0.38mg (25.2%), Calcium: 209.85mg (20.98%), Copper: 0.4mg (20.23%), Vitamin E: 2.83mg (18.85%), Vitamin B12: 0.94µg (15.59%)