



Ultimate Chicken Salad a la Jake

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

READY IN



40 min.

SERVINGS



4

CALORIES



377 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup olives black sliced
- ☐ 1 teaspoon thyme leaves dried
- ☐ 2 egg yolks
- ☐ 2 teaspoons garlic minced
- ☐ 1 teaspoon juice of lemon to taste
- ☐ 1 cup sun-dried tomatoes in olive oil finely chopped
- ☐ 1 cup olive oil
- ☐ 1 pinch salt to taste

☐ 1 pound chicken breast halves boneless skinless

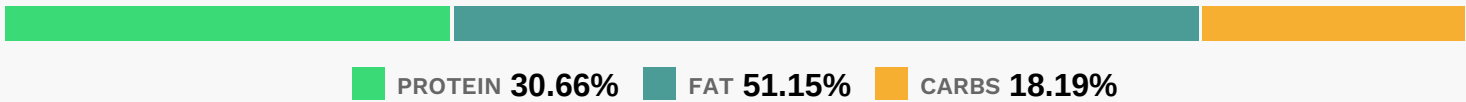
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Place chicken breasts into a saucepan with enough water to cover them. Bring to a boil, then cover, and simmer for about 20 minutes, or until cooked through.
- ☐ Drain, and set aside to cool.
- ☐ While the chicken is poaching, whisk together egg yolks and garlic until light colored.
- ☐ Whisk in olive oil in a thin stream until fully incorporated. Flavor with lemon juice and salt to taste. This is the aioli sauce.
- ☐ Shred or cut chicken into small pieces, and place in a salad bowl. Toss with the olives, sun-dried tomatoes, and thyme. Stir in 3/4 cup of the aioli until everything is evenly coated. Taste and adjust seasoning if desired. Refrigerate, or serve immediately. Make a pleased groaning sound as you eat it.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:3.73, Inflammation Score:-7, Nutrition Score:23.599130568297%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 376.81kcal (18.84%), Fat: 22.13g (34.05%), Saturated Fat: 3.8g (23.77%), Carbohydrates: 17.71g (5.9%), Net Carbohydrates: 13.08g (4.76%), Sugar: 10.62g (11.8%), Cholesterol: 169.77mg (56.59%), Sodium: 702.1mg (30.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.85g (59.71%), Vitamin B3: 14.42mg (72.11%), Selenium: 43.37µg (61.96%), Vitamin B6: 1mg (50.16%), Potassium: 1396.26mg (39.89%), Phosphorus: 375.38mg (37.54%), Manganese: 0.57mg (28.73%), Vitamin B5: 2.48mg (24.77%), Copper: 0.48mg (23.77%), Vitamin K: 23.4µg (22.29%), Vitamin E: 3.31mg (22.09%), Magnesium: 88mg (22%), Iron: 3.73mg (20.7%), Fiber: 4.62g (18.5%), Vitamin B2: 0.3mg (17.68%), Vitamin B1: 0.25mg (16.35%), Vitamin C: 13.22mg (16.02%), Vitamin A: 546.5IU (10.93%), Zinc: 1.46mg (9.73%), Folate: 38.37µg (9.59%), Calcium: 72.71mg (7.27%), Vitamin B12: 0.4µg (6.7%), Vitamin D: 0.6µg (4%)