



## Waldorf Chicken Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



633 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 apples cored thinly sliced
- 0.3 cup cheese blue crumbled
- 3 chicken breast halves with skin ( 14 ounces each)
- 0.3 cup buttermilk
- 2 rib celery stalks thinly sliced
- 2 tablespoons chives snipped
- 0.5 teaspoon dijon mustard
- 1 teaspoon fennel powder

- 2 garlic clove minced
- 4 servings salt and pepper freshly ground
- 0.5 teaspoon lemon zest finely grated
- 7 tablespoons olive oil extra virgin extra-virgin
- 2 tablespoons parsley chopped
- 1 cup grapes red seedless halved
- 1 tablespoon red wine vinegar
- 5 ounces the salad
- 2 tablespoons tarragon chopped
- 4 ounces walnut halves

## Equipment

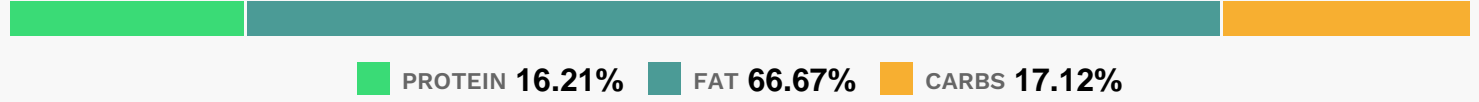
- food processor
- bowl
- oven
- roasting pan

## Directions

- Make 3 deep slashes in each chicken breast. In a small bowl, mash the garlic, fennel, 2 teaspoons of salt and 1/2 teaspoon of pepper. Stir in 3 tablespoons of the oil. Rub the mixture all over the chicken and into the slashes.
- Transfer to a small roasting pan, cover and let stand for 1 hour.
- Preheat the oven to 35
- Spread the walnuts in a pie plate and toast for 10 minutes, until browned and fragrant.
- Let cool.
- Roast the chicken for about 40 minutes, until cooked through.
- Let cool slightly, then discard the skin and thinly slice the meat.
- In a food processor, blend the vinegar with the mustard and the remaining 1/4 cup of oil. Blend in the cheese and buttermilk.

- Transfer to a bowl, stir in the lemon zest and season the dressing with salt and pepper.
- In a large bowl, combine the chicken with the walnuts, grapes, apples, celery, mesclun, parsley, tarragon and chives.
- Add the dressing, toss well and serve.

## Nutrition Facts



### Properties

Glycemic Index:99.25, Glycemic Load:8.21, Inflammation Score:-8, Nutrition Score:27.559130336927%

### Flavonoids

Cyanidin: 2.2mg, Cyanidin: 2.2mg, Cyanidin: 2.2mg, Cyanidin: 2.2mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Apigenin: 4.35mg, Apigenin: 4.35mg, Apigenin: 4.35mg, Apigenin: 4.35mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

### Nutrients (% of daily need)

Calories: 633.46kcal (31.67%), Fat: 48.72g (74.96%), Saturated Fat: 7.59g (47.41%), Carbohydrates: 28.15g (9.38%), Net Carbohydrates: 23.07g (8.39%), Sugar: 16.92g (18.79%), Cholesterol: 62.22mg (20.74%), Sodium: 428.44mg (18.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.66g (53.31%), Manganese: 3.34mg (166.79%), Vitamin K: 59.62µg (56.78%), Vitamin B6: 1.01mg (50.63%), Vitamin B3: 10mg (50.01%), Selenium: 31.07µg (44.38%), Phosphorus: 371.69mg (37.17%), Copper: 0.61mg (30.55%), Vitamin E: 4.18mg (27.85%), Vitamin C: 21.21mg (25.71%), Magnesium: 97.98mg (24.5%), Potassium: 850.96mg (24.31%), Fiber: 5.08g (20.31%), Vitamin A: 981.24IU (19.62%), Vitamin B2: 0.31mg (18.01%), Iron: 3.2mg (17.79%), Vitamin B5: 1.71mg (17.15%), Folate: 66.06µg (16.52%), Calcium: 161.88mg (16.19%), Vitamin B1: 0.23mg (15.24%), Zinc: 2mg (13.3%), Vitamin B12: 0.34µg (5.69%), Vitamin D: 0.32µg (2.15%)