



Warm chicken salad with garlic mushrooms

 Dairy Free

READY IN



80 min.

SERVINGS



2

CALORIES



508 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large chicken legs
- ☐ 2 tbsp olive oil
- ☐ 100 g chestnut mushroom sliced
- ☐ 4 garlic cloves crushed
- ☐ 1 tsp thyme leaves fresh
- ☐ 140 g herb salad
- ☐ 2 servings garlic bread

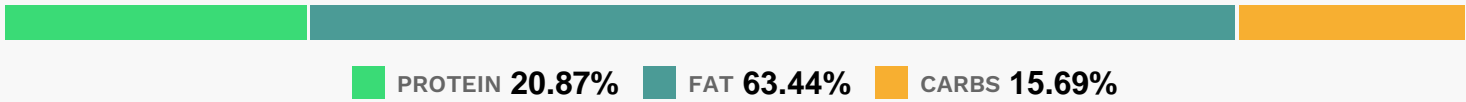
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat the oven to 220C/Gas 7/fan oven 200C. Rub the chicken pieces with the olive oil, salt and pepper, then put them skin side down in a small casserole or roasting tin. Roast in the oven for 30 minutes.
- ☐ Remove from the casserole and set aside. Leave the oven on.
- ☐ Spread the mushrooms, garlic and thyme in the casserole or tin and place the chicken pieces on top, this time skin side up.
- ☐ Pour 200ml/7fl oz hot water around the chicken and return the casserole or tin to the oven for another 30 minutes, stirring and checking after 15 minutes that there is enough liquid to form a stock, as this will be the Everyday food dressing. If there isn't, add a little more hot water.
- ☐ Remove the casserole from the oven and allow to cool slightly.
- ☐ Using a fork and your fingers, finely shred the chicken into a bowl.
- ☐ Add the mushrooms, garlic and all the juices from the casserole.
- ☐ Mix well and season.
- ☐ To serve, sprinkle the salad leaves into the mushroom and chicken mixture and gently toss them through so they just wilt a little in the warmth.
- ☐ Serve the salad in a large bowl or on a platter, with some garlic bread on the side.

Nutrition Facts



Properties

Glycemic Index:66.83, Glycemic Load:7.72, Inflammation Score:-8, Nutrition Score:21.254782593769%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.1mg, Quercetin: 0.1mg

Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 507.7kcal (25.38%), Fat: 35.95g (55.31%), Saturated Fat: 7.77g (48.58%), Carbohydrates: 20.01g (6.67%), Net Carbohydrates: 18.4g (6.69%), Sugar: 2.52g (2.8%), Cholesterol: 119.8mg (39.93%), Sodium: 263.18mg (11.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.61g (53.23%), Selenium: 45.38µg (64.83%), Vitamin B3: 10mg (49.98%), Phosphorus: 332.7mg (33.27%), Vitamin B2: 0.54mg (31.8%), Manganese: 0.64mg (31.77%), Vitamin B6: 0.63mg (31.38%), Vitamin B5: 2.38mg (23.81%), Vitamin C: 19.07mg (23.11%), Copper: 0.42mg (20.81%), Zinc: 2.96mg (19.72%), Vitamin B1: 0.29mg (19.32%), Potassium: 672.02mg (19.2%), Vitamin A: 933.82IU (18.68%), Folate: 67.71µg (16.93%), Vitamin E: 2.36mg (15.75%), Iron: 2.79mg (15.49%), Vitamin B12: 0.77µg (12.86%), Magnesium: 50.3mg (12.57%), Vitamin K: 12.86µg (12.25%), Calcium: 77.31mg (7.73%), Fiber: 1.6g (6.41%), Vitamin D: 0.18µg (1.19%)