



Zucchini Artichoke Summer Salad

 Gluten Free

READY IN



90 min.

SERVINGS



6

CALORIES



343 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 14 ounce artichoke hearts drained chopped canned
- 6 ounce olives black drained sliced canned
- 15 ounce garbanzo beans drained and rinsed canned
- 6 servings salt and ground pepper black to taste
- 6 tablespoons olive oil divided
- 0.5 cup parmesan cheese grated
- 2 chicken breast halves boneless skinless
- 4 zucchini cut into 1 1/2-inch sticks

Equipment

- bowl
- frying pan
- paper towels
- kitchen thermometer

Directions

- Season both sides of chicken breasts with salt and black pepper.
- Heat 2 tablespoons olive oil in a skillet over medium heat; cook chicken breasts in the hot oil until they are no longer pink in the center and juices run clear, 5 to 10 minutes per side. An instant-read thermometer inserted into the thickest part of a breast should read at least 165 degrees F (74 degrees C).
- Cut chicken into 1/2-inch cubes and transfer to a large bowl.
- Heat remaining 4 tablespoons olive oil in the same skillet over medium heat; cook and stir zucchini in the hot oil until slightly tender, about 5 minutes. Season with salt and black pepper.
- Transfer zucchini to a paper towel-lined plate to drain.
- Mix zucchini, garbanzo beans, olives, artichoke hearts, and Parmesan cheese with chicken; toss to combine. Chill in refrigerator before serving, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:14.56, Glycemic Load:3.02, Inflammation Score:-6, Nutrition Score:16.508260986079%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 342.99kcal (17.15%), Fat: 23.45g (36.08%), Saturated Fat: 4.27g (26.68%), Carbohydrates: 18.36g (6.12%), Net Carbohydrates: 11.95g (4.35%), Sugar: 3.94g (4.37%), Cholesterol: 31.36mg (10.45%), Sodium: 1083.8mg (47.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.34g (32.69%), Vitamin B6: 0.85mg (42.31%), Manganese: 0.84mg (41.83%), Vitamin C: 23.91mg (28.98%), Fiber: 6.4g (25.62%), Selenium: 16.91µg (24.16%), Phosphorus: 239.58mg (23.96%), Vitamin B3: 4.68mg (23.42%), Vitamin E: 3.37mg (22.45%), Potassium: 611.17mg (17.46%), Magnesium: 58.66mg (14.66%), Vitamin K: 14.82µg (14.12%), Calcium: 136.59mg (13.66%), Folate: 51.95µg (12.99%), Vitamin B2: 0.2mg (11.88%), Copper: 0.23mg (11.33%), Vitamin B5: 1.05mg (10.5%), Zinc: 1.5mg (9.99%), Iron: 1.76mg (9.77%), Vitamin A: 467.31IU (9.35%), Vitamin B1: 0.11mg (7.59%), Vitamin B12: 0.19µg (3.13%)