



Zuke's "Diet" Salad From 'The Artisan Jewish Deli at Home

READY IN



20 min.

SERVINGS



4

CALORIES



484 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 40 roasted-garlic bagel chips
- 4 ounces cheese blue crumbled
- 1 pinch ground pepper
- 2 cups chicken
- 1 large cucumber trimmed thinly sliced (60 slices)
- 4 cloves garlic peeled
- 4 hardboiled eggs thinly sliced
- 4 servings kosher salt

- 2 teaspoons juice of lemon freshly squeezed
- 0.3 cup mayonnaise
- 1 cup onion red
- 4 baby greens coarsely chopped
- 4 servings the salad
- 4 servings the dressing
- 0.3 cup cream sour
- 1 teaspoon vinegar white
- 0.5 cup milk whole

Equipment

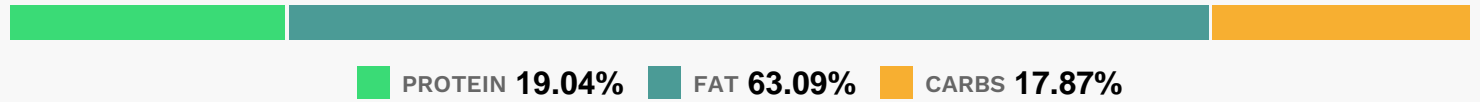
- bowl
- frying pan
- blender
- microwave
- tongs

Directions

- To make the dressing, cook the garlic in a small pan of boiling water, or in a microwave-safe bowl half filled with water on medium power, for 30 seconds to mute the harsh garlic flavor.
- Drain the garlic and place it in a blender along with the milk, sour cream, mayonnaise, vinegar, lemon juice, and cayenne. Blend until smooth, about 30 seconds.
- Transfer the dressing to a small bowl, and then stir in the crumbled blue cheese. Taste and adjust the seasoning, adding salt if desired. Cover and refrigerate for at least 1 hour to allow the flavors to meld. The dressing can be made up to 3 days in advance.
- To make the salad, put the romaine in a very large bowl.
- Pour the dressing over the top, and use tongs to toss the salad until the lettuce is evenly coated. Divide the salad evenly among large bowls. Arrange 1/2 cup chicken salad, about 15 cucumber slices, 1/4 cup pickled red onions, 1 sliced egg, and 10 bagel chips in an attractive semicircle around the inside rim of each bowl.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:67.25, Glycemic Load:2.02, Inflammation Score:-10, Nutrition Score:28.172173748846%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 10.67mg, Quercetin: 10.67mg, Quercetin: 10.67mg, Quercetin: 10.67mg

Nutrients (% of daily need)

Calories: 483.65kcal (24.18%), Fat: 34.26g (52.71%), Saturated Fat: 12.07g (75.44%), Carbohydrates: 21.84g (7.28%), Net Carbohydrates: 17.86g (6.49%), Sugar: 7.77g (8.63%), Cholesterol: 246.53mg (82.18%), Sodium: 847.96mg (36.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.27g (46.54%), Vitamin A: 11021.69IU (220.43%), Vitamin K: 146.12µg (139.16%), Folate: 221.93µg (55.48%), Selenium: 26.22µg (37.45%), Phosphorus: 361.38mg (36.14%), Vitamin B2: 0.59mg (34.98%), Calcium: 298.21mg (29.82%), Vitamin C: 21.49mg (26.05%), Vitamin B6: 0.47mg (23.32%), Potassium: 770.38mg (22.01%), Manganese: 0.41mg (20.72%), Vitamin B5: 2.07mg (20.7%), Vitamin B12: 1.2µg (19.96%), Iron: 3mg (16.66%), Zinc: 2.4mg (15.98%), Fiber: 3.98g (15.91%), Vitamin B1: 0.22mg (14.62%), Vitamin B3: 2.88mg (14.42%), Magnesium: 55.79mg (13.95%), Vitamin D: 1.66µg (11.06%), Vitamin E: 1.42mg (9.44%), Copper: 0.19mg (9.29%)