

Italian Chicken Salad Without Mayo

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/best-italian-chicken-salad-recipe>

Ingredients:

- 3 chicken breasts boneless, skinless roasted, shredded
- 1/2 cup Italian parsley fresh
- 1/4 cup green olives Italian, chopped
- 1/4 cup slivered almonds roasted
- 1/2 cup sun dried tomatoes in olive oil chopped
- 1/4 cup pickled eggplant chopped
- 1 fresh tomato large, diced
- romaine hearts
- 3 tablespoons fresh lemon juice
- 1/4 cup sherry vinegar
- 1 tablespoon Dijon mustard
- 1 shallot small, minced
- salt
- pepper
- 1/2 cup extra-virgin olive oil

Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 110 milligrams
4. Fat: 38 grams
5. Fiber: 4 grams
6. Protein: 40 grams
7. SaturatedFat: 6 grams
8. Sodium: 820 milligrams
9. Sugar: 5 grams

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