



Asian Citrus Chicken Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons ginger fresh grated peeled
- ☐ 0.3 cup honey
- ☐ 2 tablespoons soya sauce low-sodium divided
- ☐ 4 teaspoons soya sauce low-sodium
- ☐ 8 cups salad greens mixed
- ☐ 0.3 cup orange juice fresh
- ☐ 1 tablespoon orange rind grated
- ☐ 3 oranges peeled sliced

- ☐ 0.3 cup raspberry vinegar
- ☐ 1 bell pepper red cut into thin strips
- ☐ 16 ounce chicken breast halves boneless skinless

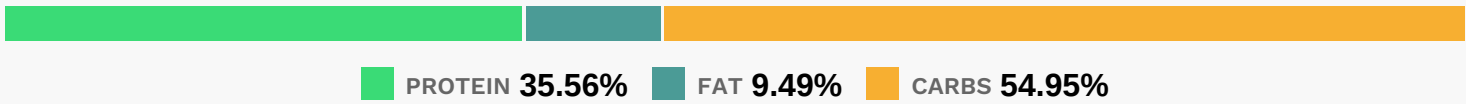
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Combine first 6 ingredients in a medium bowl; stir well with a whisk. Set aside.
- ☐ Coat a large nonstick skillet with cooking spray; place over medium-high heat.
- ☐ Add chicken. Spoon 2 tablespoons orange juice mixture over chicken; cook 5 minutes. Turn chicken, and spoon 2 tablespoons orange juice mixture over chicken. Cook 5 minutes or until done.
- ☐ Remove chicken, and let cool slightly.
- ☐ Remove skillet from heat. Stir 4 teaspoons soy sauce into drippings in skillet. Set aside.
- ☐ Cut chicken into thin slices; set aside.
- ☐ Place 2 cups salad greens on each of 4 plates. Arrange orange slices and bell pepper strips over greens.
- ☐ Drizzle 3 tablespoons orange juice mixture over each serving. Arrange sliced chicken over greens.
- ☐ Drizzle each serving with 1 teaspoon of orange juice mixture from pan.

Nutrition Facts



Properties

Glycemic Index:58.44, Glycemic Load:17.63, Inflammation Score:-9, Nutrition Score:23.443478299224%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 29.24mg, Hesperetin: 29.24mg, Hesperetin: 29.24mg, Hesperetin: 29.24mg Naringenin: 15.49mg, Naringenin: 15.49mg, Naringenin: 15.49mg, Naringenin: 15.49mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 305.01kcal (15.25%), Fat: 3.29g (5.06%), Saturated Fat: 0.7g (4.34%), Carbohydrates: 42.86g (14.29%), Net Carbohydrates: 39.5g (14.37%), Sugar: 35.53g (39.47%), Cholesterol: 72.57mg (24.19%), Sodium: 624.04mg (27.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.74g (55.48%), Vitamin C: 122.83mg (148.89%), Vitamin B3: 13.12mg (65.61%), Vitamin B6: 1.1mg (54.95%), Selenium: 37.48µg (53.55%), Vitamin A: 2142.99IU (42.86%), Phosphorus: 319.3mg (31.93%), Potassium: 921.43mg (26.33%), Folate: 90.34µg (22.59%), Vitamin B5: 2.16mg (21.61%), Magnesium: 65.24mg (16.31%), Manganese: 0.32mg (16.25%), Vitamin B2: 0.27mg (15.75%), Vitamin B1: 0.22mg (14.93%), Fiber: 3.35g (13.4%), Iron: 1.54mg (8.57%), Zinc: 1.16mg (7.73%), Copper: 0.15mg (7.54%), Calcium: 69.29mg (6.93%), Vitamin E: 0.93mg (6.2%), Vitamin B12: 0.23µg (3.78%), Vitamin K: 1.71µg (1.62%)