



# Baja-Spiced Chicken Salad with Chutney Dressing

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



630 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 teaspoons curry powder divided
- 1 cup breadcrumbs dry
- 2 large egg whites lightly beaten
- 0.3 cup flour all-purpose
- 0.5 cup golden raisins
- 2 granny smith apples
- 0.3 teaspoon ground allspice

- 0.5 teaspoon ground cumin
- 0.8 teaspoon ground ginger divided
- 0.3 teaspoon ground pepper red
- 1 teaspoon coarsely ground pepper black
- 2 teaspoons juice of lemon
- 0.3 cup mango chutney
- 1 tablespoon olive oil divided
- 6 tablespoons peppercorn ranch dressing fat-free
- 10 ounce italian-blend salad greens ( 6 cups)
- 0.5 teaspoon salt
- 16 ounce skinned
- 1 cup watercress trimmed ( 1 small bunch)
- 0.3 cup walnut halves toasted
- 2 tablespoons water
- 2 teaspoons water

## Equipment

- food processor
- frying pan

## Directions

- Combine breadcrumbs, 1/2 teaspoon curry powder, 1/2 teaspoon ginger, salt, cumin, red pepper, and allspice in a shallow dish.
- Combine 2 teaspoons water and egg whites. Coat chicken with flour. Dip chicken in egg white mixture, and dredge in breadcrumb mixture. Cover and marinate in refrigerator 30 minutes.
- Combine 1 1/2 teaspoons curry powder, 1/4 teaspoon ginger, ranch dressing, chutney, 2 tablespoons water, and 1 teaspoon oil in a food processor; process until smooth. Set aside.
- Heat 2 teaspoons oil in a nonstick skillet coated with cooking spray over medium heat until hot. Lightly coat chicken with cooking spray on both sides. Cook chicken 5 minutes on each side or until done; cut into 1/2-inch slices. Set aside.

- Cut each apple into 16 wedges, and toss with lemon juice.
- Place 1 1/2 cups greens and 1/4 cup watercress on each of 4 serving plates. Top each with 8 apple wedges, 3 ounces chicken, 2 tablespoons raisins, and 1 tablespoon walnuts.
- Sprinkle with 1/4 teaspoon black pepper; drizzle 2 tablespoons dressing over each salad.

## Nutrition Facts

**PROTEIN 21.25%** **FAT 32.82%** **CARBS 45.93%**

### Properties

Glycemic Index:89.92, Glycemic Load:23.54, Inflammation Score:-8, Nutrition Score:29.691739463288%

### Flavonoids

Cyanidin: 1.63mg, Cyanidin: 1.63mg, Cyanidin: 1.63mg, Cyanidin: 1.63mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg 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: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 2.58mg, Kaempferol: 2.58mg, Kaempferol: 2.58mg, Kaempferol: 2.58mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.64mg, Quercetin: 6.64mg, Quercetin: 6.64mg, Quercetin: 6.64mg

### Nutrients (% of daily need)

Calories: 629.84kcal (31.49%), Fat: 23.33g (35.89%), Saturated Fat: 3.59g (22.45%), Carbohydrates: 73.46g (24.49%), Net Carbohydrates: 67.76g (24.64%), Sugar: 33.7g (37.44%), Cholesterol: 78.42mg (26.14%), Sodium: 883.95mg (38.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.99g (67.98%), Vitamin B3: 15mg (75%), Selenium: 51.53µg (73.62%), Vitamin K: 60.31µg (57.43%), Vitamin B6: 1.12mg (56.05%), Manganese: 1.05mg (52.38%), Phosphorus: 435.25mg (43.52%), Vitamin C: 29.44mg (35.68%), Vitamin B1: 0.48mg (31.94%), Vitamin B2: 0.49mg (28.86%), Potassium: 991.28mg (28.32%), Vitamin A: 1238.25IU (24.77%), Folate: 91.42µg (22.86%), Fiber: 5.71g (22.83%), Vitamin B5: 2.26mg (22.6%), Iron: 4.01mg (22.27%), Magnesium: 84.36mg (21.09%), Copper: 0.41mg (20.54%), Vitamin E: 1.87mg (12.45%), Calcium: 121.03mg (12.1%), Zinc: 1.72mg (11.45%), Vitamin B12: 0.37µg (6.24%)