



Baked Chicken With Green Spinach-Horseradish Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



351 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups rice instant cooked (regular or)
- ☐ 2 tablespoons parsley leaves fresh chopped
- ☐ 10 ounce pkt spinach frozen thawed chopped
- ☐ 4 servings salt and ground pepper black
- ☐ 6 tablespoons horseradish white prepared
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 4 servings lemon wedges

- ☐ 0.5 cup mayonnaise light
- ☐ 4 ounce chicken breast halves boneless skinless
- ☐ 0.3 cup vermouthe

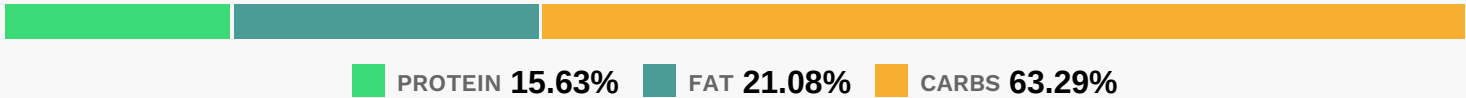
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ stove
- ☐ grill pan

Directions

- ☐ Coat a large saute pan or large stovetop grill pan with cooking spray. Season both sides of chicken with salt and black pepper.
- ☐ Place chicken on prepared pan and cook until golden brown on each side and cooked through.
- ☐ Meanwhile, in a food processor, combine spinach, mayonnaise, vermouthe, horseradish, lemon juice, and parsley. Process until blended and smooth. Season, to taste, with salt and black pepper. Spoon sauce over half of the chicken. Reserve remaining chicken for another recipe.
- ☐ Serve half (2 cups) of the rice with this meal and reserve remaining rice for another recipe.
- ☐ Garnish with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:58.38, Glycemic Load:48.5, Inflammation Score:-10, Nutrition Score:24.622608594272%

Flavonoids

Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg

0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 350.62kcal (17.53%), Fat: 7.99g (12.3%), Saturated Fat: 1.31g (8.16%), Carbohydrates: 53.98g (17.99%), Net Carbohydrates: 50.41g (18.33%), Sugar: 3.57g (3.96%), Cholesterol: 22.62mg (7.54%), Sodium: 414.21mg (18.01%), Alcohol: 1.42g (100%), Alcohol %: 0.54% (100%), Protein: 13.33g (26.66%), Vitamin K: 312µg (297.14%), Vitamin A: 8508.92IU (170.18%), Manganese: 1.3mg (64.82%), Selenium: 26.55µg (37.93%), Folate: 127.25µg (31.81%), Vitamin B6: 0.5mg (25.23%), Magnesium: 87.82mg (21.96%), Vitamin B3: 4.07mg (20.37%), Vitamin C: 15.93mg (19.31%), Vitamin E: 2.82mg (18.78%), Phosphorus: 175.46mg (17.55%), Fiber: 3.57g (14.29%), Potassium: 490.96mg (14.03%), Vitamin B2: 0.22mg (12.74%), Calcium: 126.84mg (12.68%), Copper: 0.24mg (12.15%), Vitamin B5: 1.15mg (11.45%), Iron: 2.04mg (11.33%), Zinc: 1.57mg (10.46%), Vitamin B1: 0.12mg (8.3%)