



 100%
HEALTH SCORE

Balsamic Chicken Cutlet over Spinach Salad with Mushrooms, Bacon and Warm Shallot Dressing

 Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



1

CALORIES



4959 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 tablespoon balsamic vinegar
- 2 tablespoons balsamic vinegar
- 2 teaspoons balsamic vinegar
- 3 tablespoons balsamic vinegar
- 0.5 pound chicken breast cutlets boneless
- 1.5 pounds chicken breast cutlets (sometimes marked "thin cut")

- 1 serving coarse salt and pepper
- 1 rounded spoonful dijon mustard
- 3 rounded spoonfuls dijon mustard
- 1 tablespoon olive oil extra virgin
- 1 sprig rosemary fresh finely chopped
- 1 serving grill seasoning black such as montreal seasoning by mccormick, or, coarse salt and pepper
- 0.7 cup olive oil extra-virgin
- 3 tablespoons olive oil extra-virgin
- 1 cup olive oil extra-virgin
- 2 radishes red thinly sliced
- 8 radishes thinly sliced
- 4 stems rosemary fresh finely chopped
- 1 scallion thinly sliced
- 4 scallions thinly sliced
- 0.5 shallots chopped
- 1 large shallots minced
- 0.3 pound pkt spinach fresh cleaned trimmed
- 1 pound spinach leaves fresh cleaned trimmed
- 2 gourmet stuffing mushrooms white thinly sliced
- 8 gourmet stuffing mushrooms white thinly sliced
- 1 pound center cut bacon chopped
- 4 slices center cut bacon

Equipment

- bowl
- frying pan
- paper towels
- whisk
- stove

cutting board

Directions

- Coat chicken with balsamic, oil, seasoning and rosemary and set aside. In a skillet, add chopped bacon, work in 2 batches if preparing salad for
- Brown bacon over medium high heat, then transfer the bits to a paper towel lined plate to drain. Using center cut bacon will cut down on the pan drippings that spatter.
- Coarsely chop spinach leaves and add to salad bowl. Top with mushrooms, radishes, scallions. Season salad with salt and pepper.
- Wipe out the bacon pan and return to stove turning heat back to medium low.
- Add 1 tablespoon oil for your dressing and shallots and reduce heat to medium.
- Saute shallots for 3 minutes.
- Remove oil and shallots from heat.
- In a bowl, combine mustard and balsamic vinegar. Stream in 2/3 cup oil slowly while whisking the dressing to emulsify it.
- Add warm shallots and toss with spinach salad to coat evenly.
- Add cooked bacon and toss again.
- Preheat a nonstick skillet over medium high heat. Cook chicken cutlets, 4 minutes on each side, in a single layer. Slice breasts on an angle on your cutting board once they are all out of the pan. Pile spinach salad on to dinner plate/plates. Top each salad with 2 sliced chicken cutlet pieces. For individual portion follow the above method.

Nutrition Facts

 PROTEIN **23.35%**  FAT **71.65%**  CARBS **5%**

Properties

Glycemic Index:516, Glycemic Load:14.3, Inflammation Score:-10, Nutrition Score:87.576521666154%

Flavonoids

Pelargonidin: 25.25mg, Pelargonidin: 25.25mg, Pelargonidin: 25.25mg, Pelargonidin: 25.25mg Naringenin: 1.02mg, Naringenin: 1.02mg, Naringenin: 1.02mg, Naringenin: 1.02mg Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg Luteolin: 4.78mg, Luteolin: 4.78mg, Luteolin: 4.78mg, Luteolin: 4.78mg Kaempferol: 37.33mg,

Kaempferol: 37.33mg, Kaempferol: 37.33mg, Kaempferol: 37.33mg Myricetin: 1.98mg, Myricetin: 1.98mg, Myricetin: 1.98mg, Myricetin: 1.98mg Quercetin: 28.92mg, Quercetin: 28.92mg, Quercetin: 28.92mg, Quercetin: 28.92mg

Nutrients (% of daily need)

Calories: 4959.47kcal (247.97%), Fat: 392.32g (603.57%), Saturated Fat: 102.96g (643.49%), Carbohydrates: 61.58g (20.53%), Net Carbohydrates: 44.66g (16.24%), Sugar: 23.59g (26.21%), Cholesterol: 975.01mg (325%), Sodium: 5993.5mg (260.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 287.68g (575.36%), Vitamin K: 2943.88µg (2803.7%), Vitamin A: 54416.48IU (1088.33%), Vitamin B3: 123.46mg (617.29%), Selenium: 423.48µg (604.97%), Vitamin B6: 9.7mg (485.25%), Phosphorus: 3127.51mg (312.75%), Folate: 1206.05µg (301.51%), Manganese: 5.73mg (286.68%), Potassium: 8248.54mg (235.67%), Vitamin C: 191.32mg (231.9%), Vitamin E: 34.73mg (231.56%), Magnesium: 798.96mg (199.74%), Vitamin B1: 2.76mg (183.68%), Vitamin B5: 16.89mg (168.85%), Vitamin B2: 2.55mg (150.21%), Iron: 24.57mg (136.53%), Zinc: 15.99mg (106.61%), Vitamin B12: 4.8µg (80.06%), Calcium: 752.49mg (75.25%), Copper: 1.39mg (69.31%), Fiber: 16.91g (67.66%), Vitamin D: 3.3µg (21.98%)