



WHATSHEATE



HEALTH SCORE

79%

Blackened Chicken Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



297 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



3 tablespoons cider vinegar



0.3 cup dijon mustard



1 tablespoon honey



0.3 cup juice of lemon



0.1 teaspoon pepper



0.3 cup onion red finely chopped



8 cups torn romaine lettuce



0.3 teaspoon salt

- ☐ 3 tablespoons spicy seasoning
- ☐ 16 ounce skinned
- ☐ 1 tablespoon sugar
- ☐ 1 pound sugar snap peas trimmed
- ☐ 3 cups tomatoes chopped
- ☐ 3 tablespoons water
- ☐ 0.8 cup bell pepper diced yellow

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Combine the first 7 ingredients in a bowl, and toss well. Cover and chill.
- ☐ Combine lemon juice, mustard, water, and honey in a large bowl; stir well with a wire whisk. Cover and chill.
- ☐ Rub chicken with Spicy Seasoning. Coat a large heavy skillet with cooking spray, and place over medium-high heat until hot.
- ☐ Add chicken, and cook 7 minutes on each side or until chicken is done.
- ☐ Remove chicken from skillet, and let cool.
- ☐ Cut chicken across grain into thin slices, and set aside.
- ☐ Steam snap peas, covered, for 2 minutes. Rinse under cold water, and drain.
- ☐ Add snap peas and lettuce to the lemon juice mixture, and toss well. Divide the lettuce mixture evenly among 4 large salad bowls; top each serving with 1 cup of the tomato mixture and 1 sliced chicken breast half.
- ☐ Garnish with parsley sprigs, if desired.

Nutrition Facts



 **PROTEIN 40.42%**  **FAT 13.81%**  **CARBS 45.77%**

Properties

Glycemic Index:74.09, Glycemic Load:5.94, Inflammation Score:-10, Nutrition Score:43.450869435849%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.97mg, Naringenin: 0.97mg, Naringenin: 0.97mg, Naringenin: 0.97mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 5.09mg, Quercetin: 5.09mg, Quercetin: 5.09mg, Quercetin: 5.09mg

Nutrients (% of daily need)

Calories: 296.81kcal (14.84%), Fat: 4.79g (7.36%), Saturated Fat: 0.99g (6.16%), Carbohydrates: 35.68g (11.89%), Net Carbohydrates: 23.54g (8.56%), Sugar: 17.43g (19.36%), Cholesterol: 72.57mg (24.19%), Sodium: 470.98mg (20.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.51g (63.03%), Vitamin A: 10641.96IU (212.84%), Vitamin K: 203.08µg (193.41%), Vitamin C: 146.72mg (177.84%), Vitamin B3: 14.35mg (71.74%), Vitamin B6: 1.38mg (69.18%), Manganese: 1.27mg (63.66%), Selenium: 43.47µg (62.1%), Folate: 236.47µg (59.12%), Fiber: 12.14g (48.56%), Iron: 8.54mg (47.42%), Potassium: 1407.87mg (40.22%), Phosphorus: 398.51mg (39.85%), Magnesium: 125.72mg (31.43%), Vitamin B5: 2.93mg (29.32%), Calcium: 291.66mg (29.17%), Vitamin B1: 0.42mg (27.79%), Vitamin E: 3.49mg (23.26%), Vitamin B2: 0.37mg (21.87%), Copper: 0.35mg (17.75%), Zinc: 1.86mg (12.39%), Vitamin B12: 0.23µg (3.78%)