



HEALTH SCORE

66%

Blackened Chicken Salad with Blue Cheese Vinaigrette



Gluten Free



Very Healthy

READY IN



18 min.

SERVINGS



4

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 0.3 cup cheese blue crumbled
- ☐ 0.5 teaspoon dijon mustard
- ☐ 0.5 teaspoon thyme dried
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 cup grape tomatoes halved

- ☐ 0.5 teaspoon ground pepper red
- ☐ 1 teaspoon paprika sweet
- ☐ 0.1 teaspoon kosher salt
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.5 teaspoon oregano dried
- ☐ 2 heads the of 1 cos lettuce halved lengthwise
- ☐ 1 tablespoon shallots minced
- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 1 tablespoon citrus champagne vinegar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill pan

Directions

- ☐ Combine first 7 ingredients in a small bowl.
- ☐ Sprinkle chicken evenly with paprika mixture.
- ☐ Heat a grill pan over medium-high heat. Coat pan with cooking spray.
- ☐ Add chicken to pan; cook 5 minutes on each side or until done.
- ☐ Let stand 5 minutes; cut across the grain into thin slices.
- ☐ Combine oil and next 5 ingredients (through 1/8 teaspoon salt) in a small bowl, stirring with a whisk. Stir in cheese.
- ☐ Place 1 lettuce half and 1/4 cup tomatoes on each of 4 plates. Top each serving with 1 sliced chicken breast half, and drizzle each with about 1 1/2 tablespoons vinaigrette.

Nutrition Facts



 PROTEIN **47.18%**  FAT **37.55%**  CARBS **15.27%**

Properties

Glycemic Index:62, Glycemic Load:0.67, Inflammation Score:-10, Nutrition Score:40.73782615558%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.1mg, Quercetin: 7.1mg, Quercetin: 7.1mg, Quercetin: 7.1mg

Nutrients (% of daily need)

Calories: 354.41kcal (17.72%), Fat: 15.01g (23.1%), Saturated Fat: 3.68g (22.99%), Carbohydrates: 13.74g (4.58%), Net Carbohydrates: 6.03g (2.19%), Sugar: 5.06g (5.62%), Cholesterol: 115.19mg (38.4%), Sodium: 693.11mg (30.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.45g (84.89%), Vitamin A: 28051.26IU (561.03%), Vitamin K: 333.88µg (317.98%), Folate: 443.73µg (110.93%), Vitamin B3: 19.14mg (95.68%), Selenium: 57.34µg (81.92%), Vitamin B6: 1.59mg (79.33%), Phosphorus: 500.64mg (50.06%), Potassium: 1556.63mg (44.48%), Manganese: 0.69mg (34.25%), Fiber: 7.71g (30.85%), Vitamin B5: 3.08mg (30.83%), Vitamin B2: 0.43mg (25.41%), Magnesium: 98.65mg (24.66%), Vitamin C: 20.15mg (24.43%), Iron: 4.34mg (24.14%), Vitamin B1: 0.36mg (23.93%), Calcium: 172.84mg (17.28%), Vitamin E: 2.25mg (14.98%), Zinc: 2.07mg (13.81%), Copper: 0.24mg (12.12%), Vitamin B12: 0.44µg (7.39%), Vitamin D: 0.21µg (1.42%)