



Blackened Chicken Salad with Tomato Chutney



Gluten Free



Dairy Free



Low Fod Map

READY IN



17 min.

SERVINGS



4

CALORIES



324 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup cucumber sliced (1 small)
- ☐ 0.3 cup olive oil reduced-fat
- ☐ 10 ounce the salad
- ☐ 16 ounce chicken breast halves boneless skinless
- ☐ 2 teaspoons steak seasoning (such as Paul Prudhomme's)
- ☐ 1 cup tomatoes
- ☐ 1 cup bell pepper yellow chopped (1 small)

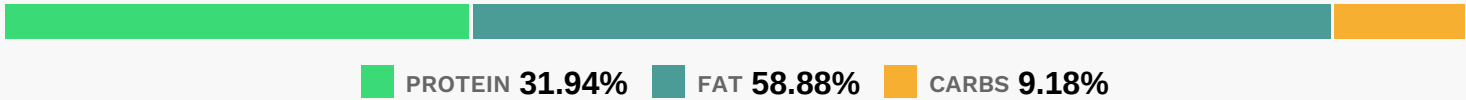
Equipment

☐ frying pan

Directions

- ☐ Sprinkle chicken with blackened steak seasoning.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat chicken with cooking spray; add to pan. Cook 6 minutes on each side or until done.
- ☐ Combine salad greens and next 3 ingredients; toss well. Spoon greens mixture onto each of 4 plates. Slice chicken diagonally into thin strips. Arrange chicken over salads. Spoon chutney over chicken.

Nutrition Facts



Properties

Glycemic Index:13.25, Glycemic Load:0.45, Inflammation Score:-8, Nutrition Score:21.900434639143%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 323.56kcal (16.18%), Fat: 21.27g (32.72%), Saturated Fat: 3.19g (19.96%), Carbohydrates: 7.46g (2.49%), Net Carbohydrates: 6.33g (2.3%), Sugar: 1.47g (1.63%), Cholesterol: 72.57mg (24.19%), Sodium: 153.87mg (6.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.95g (51.91%), Vitamin C: 92.44mg (112.05%), Vitamin B3: 12.81mg (64.06%), Selenium: 36.79µg (52.55%), Vitamin B6: 1.03mg (51.43%), Phosphorus: 292.35mg (29.23%), Vitamin A: 1274.2IU (25.48%), Vitamin K: 24.45µg (23.29%), Potassium: 760.97mg (21.74%), Vitamin E: 3.03mg (20.21%), Vitamin B5: 1.88mg (18.77%), Manganese: 0.3mg (15%), Folate: 52.07µg (13.02%), Magnesium: 52.08mg (13.02%), Vitamin B2: 0.18mg (10.32%), Iron: 1.66mg (9.25%), Vitamin B1: 0.13mg (8.73%), Copper: 0.16mg (8%), Zinc: 1.02mg (6.81%), Fiber: 1.13g (4.51%), Vitamin B12: 0.23µg (3.78%), Calcium: 37.5mg (3.75%)