



## Blue Cheese-Chicken Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



252 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons balsamic vinegar
- 0.3 cup cheese blue crumbled
- 1 tablespoon honey
- 1 tablespoon olive oil
- 2 tablespoons orange juice
- 0.3 teaspoon pepper
- 0.3 teaspoon salt
- 2 shallots minced

- 10 ounce chicken breast halves boneless skinless
- 10 ounce pkt spinach fresh
- 0.5 cup cherries dried sweet

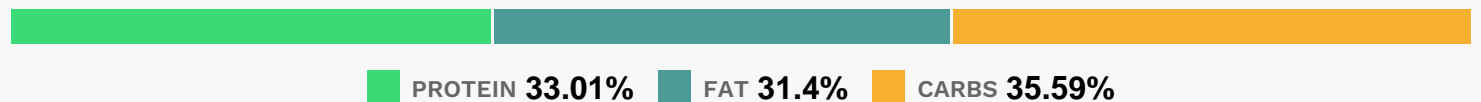
## Equipment

- bowl
- frying pan
- whisk
- plastic wrap
- meat tenderizer

## Directions

- Whisk vinaigrette ingredients together, and set aside.
- Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; with a meat mallet, pound to 1/4-inch thickness.
- Heat a large, nonstick skillet over medium-high heat; coat with cooking spray.
- Add chicken to skillet, and cook 4 minutes on each side or until the chicken is brown and cooked through.
- Remove from the skillet, and chop into bite-size pieces; keep warm.
- Toss spinach, blue cheese, and cherries in large salad bowl.
- Whisk vinaigrette and drizzle over salad. Top salad with chicken, and serve.

## Nutrition Facts



## Properties

Glycemic Index:68.82, Glycemic Load:4.31, Inflammation Score:-10, Nutrition Score:26.049565278965%

## Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg,

Naringenin: 0.18mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 4.52mg, Kaempferol: 4.52mg, Kaempferol: 4.52mg, Kaempferol: 4.52mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

## **Nutrients (% of daily need)**

Calories: 252.07kcal (12.6%), Fat: 8.87g (13.65%), Saturated Fat: 3.04g (18.99%), Carbohydrates: 22.64g (7.55%), Net Carbohydrates: 19.2g (6.98%), Sugar: 15.4g (17.11%), Cholesterol: 53.8mg (17.93%), Sodium: 419.08mg (18.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.99g (41.98%), Vitamin K: 345.15µg (328.72%), Vitamin A: 7309IU (146.18%), Vitamin B3: 8.09mg (40.43%), Folate: 151.31µg (37.83%), Vitamin B6: 0.74mg (36.79%), Selenium: 25.23µg (36.04%), Manganese: 0.72mg (35.8%), Vitamin C: 26.04mg (31.57%), Phosphorus: 237.97mg (23.8%), Potassium: 758.68mg (21.68%), Magnesium: 81.85mg (20.46%), Calcium: 155.46mg (15.55%), Iron: 2.74mg (15.24%), Vitamin B2: 0.26mg (15%), Vitamin E: 2.12mg (14.1%), Fiber: 3.44g (13.78%), Vitamin B5: 1.31mg (13.08%), Vitamin B1: 0.12mg (7.95%), Zinc: 1.16mg (7.73%), Copper: 0.14mg (6.81%), Vitamin B12: 0.28µg (4.65%)