



## Bread Salad with Cranberries, Spinach, and Chicken

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



523 kcal

SIDE DISH

### Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 2.5 cups bread french cubed toasted ( ) ( 4 ounces)
- ☐ 5 garlic clove thinly sliced
- ☐ 1 teaspoon ground coriander
- ☐ 0.5 teaspoon fennel powder
- ☐ 1 teaspoon fennel powder

- ☐ 0.1 teaspoon ground pepper red
- ☐ 2 tablespoons honey
- ☐ 2 tablespoons kalamata olives pitted sliced
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 teaspoon kosher salt
- ☐ 4 teaspoons olive oil
- ☐ 2 tablespoons orange juice
- ☐ 1 teaspoon orange zest grated
- ☐ 2 tablespoons pinenuts toasted
- ☐ 0.3 cup red wine vinegar
- ☐ 2 tablespoons shallots thinly sliced
- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 6 ounces pkt spinach loosely packed
- ☐ 0.5 cup cranberries dried sweetened

## Equipment

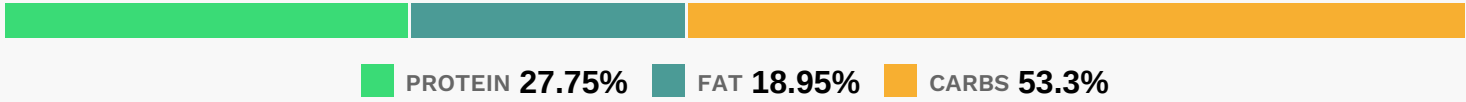
- ☐ bowl
- ☐ frying pan

## Directions

- ☐ To prepare chicken, combine first 4 ingredients; rub evenly over chicken.
- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add chicken to pan; cook 5 minutes on each side or until done.
- ☐ Remove chicken from pan.
- ☐ To prepare vinaigrette, add 2 tablespoons shallots and garlic to pan; cook for 3 minutes or until shallots and garlic begin to brown, stirring occasionally. Stir in red wine vinegar, orange rind, juices, honey, 1/2 teaspoon fennel, black pepper, and 1/4 teaspoon salt; cook over medium-high heat until reduced to 1/2 cup (about 1 minute).
- ☐ Remove vinaigrette from pan, and cool completely.

- ☐ To prepare salad, chop chicken into bite-sized pieces.
- ☐ Combine chicken, spinach, and remaining ingredients in a large bowl.
- ☐ Add vinaigrette; toss gently to coat.
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:66.13, Glycemic Load:43.61, Inflammation Score:-10, Nutrition Score:37.147826319155%

## Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

## Nutrients (% of daily need)

Calories: 522.65kcal (26.13%), Fat: 11.08g (17.04%), Saturated Fat: 1.79g (11.18%), Carbohydrates: 70.13g (23.38%), Net Carbohydrates: 65.98g (23.99%), Sugar: 19.26g (21.4%), Cholesterol: 72.57mg (24.19%), Sodium: 1082.96mg (47.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.51g (73.01%), Manganese: 3.12mg (156.24%), Vitamin K: 142.69µg (135.89%), Selenium: 65.44µg (93.48%), Vitamin B3: 17.1mg (85.49%), Vitamin B1: 0.82mg (54.84%), Vitamin A: 2738.07IU (54.76%), Vitamin B6: 1.07mg (53.45%), Folate: 185.27µg (46.32%), Phosphorus: 388.38mg (38.84%), Vitamin B2: 0.61mg (35.83%), Iron: 5.65mg (31.37%), Magnesium: 98.73mg (24.68%), Potassium: 779.48mg (22.27%), Vitamin B5: 2.04mg (20.41%), Vitamin C: 14.46mg (17.53%), Fiber: 4.16g (16.62%), Copper: 0.3mg (15.06%), Zinc: 2.17mg (14.44%), Vitamin E: 2.09mg (13.92%), Calcium: 105.51mg (10.55%), Vitamin B12: 0.23µg (3.78%)