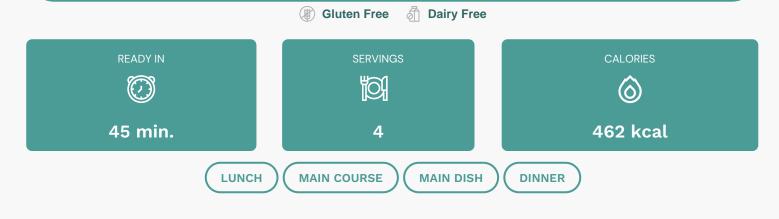


# California Chicken Salad



### Ingredients

0.5 pound asparagus ends trimmed cut into thirds (10)
O.3 teaspoon pepper black freshly ground
0.3 teaspoon chili powder sweet
2 tablespoons dijon mustard
3 ears corn husked
0.3 teaspoon garlic powder
6 tablespoons honey
1 teaspoon olive oil

	2 tablespoons pinenuts	
	3 plum tomatoes diced	
	0.5 small onion red thinly sliced	
	1 tablespoon rice vinegar (or apple cider)	
	0.3 teaspoon salt	
	1.5 pounds chicken breast whole boneless skinless	
	3 slices at least of turkey bacon cooked chopped	
Equipment		
Ц	bowl	
Ц	frying pan	
Ш	sauce pan	
Ш	blender	
Di	rections	
	Combine all dressing ingredients in a blender.	
	Sprinkle chicken with garlic and chili powders, salt and pepper. Coat a large skillet with cooking spray.	
	Heat skillet over high heat and add oil. When oil is hot, add chicken. Reduce heat to medium-high and cook for 6 minutes per side, turning halfway through. Reduce heat to low and cover Cook until chicken is no longer pink inside, 2 to 3 minutes. Cool chicken and slice thinly. Boil corn in a medium saucepan 5 minutes; cool, then cut kernels off cob; place in a bowl. Steam asparagus in 1 inch boiling water 3 minutes; drain and cool 1 minute.	
	Add to bowl along with remaining vegetables.	
	Heat a dry pan over medium heat.	
	Add pine nuts. Cook, stirring often, until toasted, about 6 minutes.	
	Place salad on a platter; top with chicken, bacon, pine nuts and dressing.	
	Self	

# **Nutrition Facts**

### **Properties**

Glycemic Index:67.07, Glycemic Load:14.66, Inflammation Score:-8, Nutrition Score:29.516521894413%

#### **Flavonoids**

Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Isorhamnetin: 3.92mg, Isorhamnetin: 3.92mg, Isorhamnetin: 3.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Quercetin: 10.99mg, Quercetin: 10.99mg, Quercetin: 10.99mg

### Nutrients (% of daily need)

Calories: 462.1lkcal (23.11%), Fat: 13.12g (20.18%), Saturated Fat: 2.5g (15.65%), Carbohydrates: 45.53g (15.18%), Net Carbohydrates: 41.53g (15.1%), Sugar: 33.26g (36.96%), Cholesterol: 119.15mg (39.72%), Sodium: 682.86mg (29.69%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 44.39g (88.79%), Vitamin B3: 20.47mg (102.35%), Selenium: 61.85µg (88.36%), Vitamin B6: 1.5mg (74.96%), Phosphorus: 549.83mg (54.98%), Manganese: 0.81mg (40.75%), Potassium: 1161.83mg (33.2%), Vitamin B5: 3.19mg (31.85%), Vitamin K: 32.35µg (30.81%), Magnesium: 104.04mg (26.01%), Vitamin B1: 0.36mg (23.87%), Vitamin C: 17.42mg (21.12%), Vitamin B2: 0.35mg (20.87%), Vitamin A: 1038.04IU (20.76%), Folate: 78.17µg (19.54%), Iron: 3.15mg (17.5%), Zinc: 2.48mg (16.51%), Copper: 0.33mg (16.26%), Fiber: 3.99g (15.98%), Vitamin E: 2.06mg (13.73%), Vitamin B12: 0.38µg (6.3%), Calcium: 41.09mg (4.11%), Vitamin D: 0.21µg (1.41%)