



California Chicken Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



462 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound asparagus ends trimmed cut into thirds (10)
- ☐ 0.3 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

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ blender

Directions

- ☐ 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



 PROTEIN **37.17%**  FAT **24.71%**  CARBS **38.12%**

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, 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, Quercetin: 10.99mg

Nutrients (% of daily need)

Calories: 462.11kcal (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 %: 0% (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%)