



Caramelized Fall Fruit Salad with Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



561 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 oz apples
- ☐ 1 ounce cheese blue crumbled
- ☐ 8 oz firm-ripe pear such as bosc
- ☐ 1 tablespoon firmly brown sugar packed
- ☐ 0.5 tablespoon butter
- ☐ 0.3 cup hazelnuts
- ☐ 0.5 cup orange juice
- ☐ 0.7 cup rice vinegar

- ☐ 4 oz baby salad mix rinsed
- ☐ 0.5 tablespoon salad oil
- ☐ 2 servings salt and pepper
- ☐ 10 oz boned

Equipment

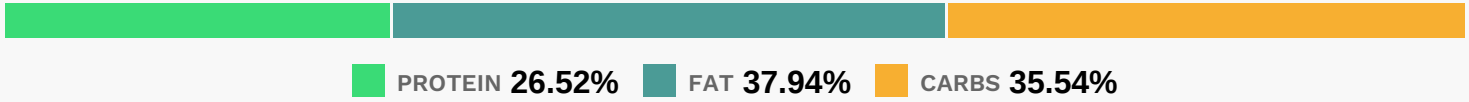
- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Put hazelnuts in an 8- to 9-inch square baking pan.
- ☐ Bake in a 350 regular or convection oven until nuts are golden beneath skins, 12 to 15 minutes.
- ☐ Pour from pan onto a towel. When cool enough to handle, rub nuts in towel to remove loose skins. Lift nuts from towel and coarsely chop; discard skins.
- ☐ Rinse chicken and pat dry.
- ☐ Place each breast between two sheets of plastic wrap. With a flat mallet, gently pound to about 1/2 inch thick. Peel off plastic and sprinkle chicken lightly on both sides with salt and pepper.
- ☐ Heat oil in a 10- to 12-inch frying pan over medium-high heat; when hot, add chicken and turn occasionally until pieces are lightly browned on both sides and no longer pink in the center (cut to test), 6 to 8 minutes total.
- ☐ Transfer to a plate and cover with foil to keep warm.
- ☐ Meanwhile, rinse, peel, and core pear and apple; cut each lengthwise into 8 wedges.
- ☐ Add butter and brown sugar to frying pan; stir over medium-high heat until butter is melted and sugar is dissolved, about 1 minute.
- ☐ Add fruit and stir often until beginning to brown, 2 to 3 minutes. Stir in vinegar and orange juice, bring to a boil, and stir often until fruit is tender when pierced and liquid is slightly thickened, 8 to 10 minutes.

- ☐ Divide salad greens equally between two dinner plates and set a chicken breast half on each mound. Spoon hot fruit and liquid over chicken and greens.
- ☐ Sprinkle evenly with toasted hazelnuts and blue cheese.
- ☐ Add more salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:106.38, Glycemic Load:12.73, Inflammation Score:-8, Nutrition Score:30.191304243129%

Flavonoids

Cyanidin: 5.12mg, Cyanidin: 5.12mg, Cyanidin: 5.12mg, Cyanidin: 5.12mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epigallocatechin: 1.38mg, Epigallocatechin: 1.38mg, Epigallocatechin: 1.38mg, Epigallocatechin: 1.38mg Epicatechin: 12.84mg, Epicatechin: 12.84mg, Epicatechin: 12.84mg, Epicatechin: 12.84mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

Nutrients (% of daily need)

Calories: 560.61kcal (28.03%), Fat: 23.69g (36.45%), Saturated Fat: 5.04g (31.52%), Carbohydrates: 49.95g (16.65%), Net Carbohydrates: 42.13g (15.32%), Sugar: 34.63g (38.48%), Cholesterol: 101.35mg (33.78%), Sodium: 575.24mg (25.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.26g (74.52%), Vitamin B3: 16.05mg (80.26%), Selenium: 48.67µg (69.53%), Vitamin C: 56.9mg (68.97%), Vitamin B6: 1.32mg (66.1%), Manganese: 1.19mg (59.3%), Phosphorus: 459.21mg (45.92%), Potassium: 1148.34mg (32.81%), Fiber: 7.82g (31.26%), Vitamin B5: 2.72mg (27.24%), Copper: 0.49mg (24.46%), Vitamin E: 3.64mg (24.27%), Magnesium: 92.73mg (23.18%), Vitamin A: 1136.56IU (22.73%), Vitamin B1: 0.3mg (19.82%), Folate: 78.74µg (19.68%), Vitamin B2: 0.32mg (18.83%), Calcium: 141.48mg (14.15%), Zinc: 1.89mg (12.58%), Vitamin K: 12.8µg (12.19%), Iron: 2.16mg (12.03%), Vitamin B12: 0.46µg (7.67%), Vitamin D: 0.21µg (1.42%)