



Chicken and Pears over Arugula

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 7 oz arugula ends trimmed
- ☐ 2 chicken breasts boneless skinless dry trimmed
- ☐ 2 tablespoons cider vinegar
- ☐ 2 teaspoons dijon mustard
- ☐ 0.3 cup cranberries dried
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 pears cored ripe halved thinly sliced
- ☐ 4 servings salt and pepper

- ☐ 1 tablespoon butter unsalted
- ☐ 0.3 cup walnuts toasted

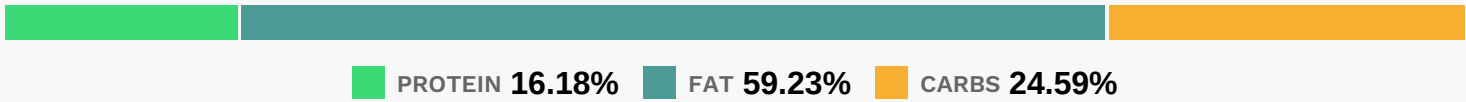
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ mixing bowl

Directions

- ☐ Sprinkle chicken with salt and pepper. Warm 1 Tbsp. olive oil and butter in a large skillet over medium-high heat until butter is foaming.
- ☐ Add chicken and cook, turning once, until golden on both sides, about 10 minutes total.
- ☐ Transfer to a plate.
- ☐ While chicken is cooking, whisk remaining 3 Tbsp. oil, vinegar, mustard, 1/2 tsp. salt and pepper in a small bowl.
- ☐ Slice chicken thinly across the grain.
- ☐ Place arugula, pears, chicken and any accumulated juices from plate in a mixing bowl. Top with dressing and toss gently with hands to coat. Divide among four dinner plates.
- ☐ Sprinkle each portion with walnuts and cranberries, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:40.19, Glycemic Load:4.46, Inflammation Score:-8, Nutrition Score:17.18565233894%

Flavonoids

Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg Epicatechin 3-gallate:

0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg
Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg,
Epigallocatechin 3–gallate: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg
Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.4mg, Isorhamnetin: 2.4mg,
Isorhamnetin: 2.4mg, Isorhamnetin: 2.4mg Kaempferol: 17.31mg, Kaempferol: 17.31mg, Kaempferol: 17.31mg,
Kaempferol: 17.31mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 5.02mg,
Quercetin: 5.02mg, Quercetin: 5.02mg, Quercetin: 5.02mg

Nutrients (% of daily need)

Calories: 362.18kcal (18.11%), Fat: 24.78g (38.12%), Saturated Fat: 4.65g (29.09%), Carbohydrates: 23.15g (7.72%),
Net Carbohydrates: 18.44g (6.7%), Sugar: 15.52g (17.24%), Cholesterol: 43.69mg (14.56%), Sodium: 302.72mg
(13.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.23g (30.45%), Vitamin K: 67.35µg (64.15%), Vitamin
B3: 6.35mg (31.77%), Manganese: 0.59mg (29.66%), Selenium: 19.73µg (28.19%), Vitamin B6: 0.54mg (27.11%),
Vitamin A: 1307.67IU (26.15%), Phosphorus: 193.61mg (19.36%), Fiber: 4.72g (18.86%), Vitamin E: 2.69mg (17.93%),
Folate: 66.45µg (16.61%), Potassium: 552.31mg (15.78%), Magnesium: 61.6mg (15.4%), Vitamin C: 12.1mg (14.67%),
Copper: 0.29mg (14.44%), Vitamin B5: 1.15mg (11.49%), Calcium: 103.65mg (10.36%), Iron: 1.54mg (8.55%), Vitamin
B2: 0.14mg (8.35%), Vitamin B1: 0.11mg (7.19%), Zinc: 0.98mg (6.54%), Vitamin B12: 0.12µg (1.98%)