



Chicken and Prosciutto Salad with Arugula and Asiago

READY IN



20 min.

SERVINGS



6

CALORIES



199 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup asiago cheese divided shaved
- ☐ 10 ounce baby arugula
- ☐ 6 ounces rotisserie chicken breast shredded boneless skinless
- ☐ 0.5 teaspoon basil dried
- ☐ 0.1 teaspoon garlic powder
- ☐ 1 cup grape tomatoes halved
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 3 tablespoons olive oil extra-virgin divided

- ☐ 2 ounces pancetta very thin chopped
- ☐ 0.3 teaspoon salt
- ☐ 2 ounce sourdough bread cut into 1/2-inch cubes

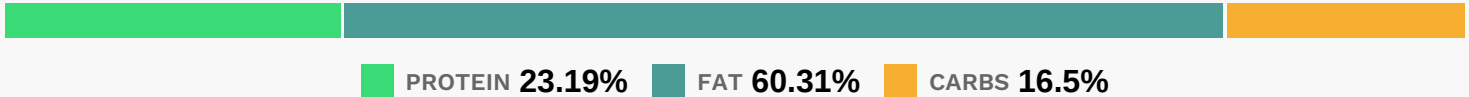
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 42
- ☐ Place bread cubes on a baking sheet, and lightly coat with cooking spray.
- ☐ Add basil and garlic powder; toss well.
- ☐ Place bread mixture in preheating oven; bake for 8 minutes or until crisp.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add 1 teaspoon oil to pan; swirl to coat.
- ☐ Add prosciutto; saut 4 minutes or until prosciutto is crisp.
- ☐ Drain on paper towels.
- ☐ Combine remaining 2 tablespoons plus 2 teaspoons oil, juice, and salt in a small bowl; stir well with a whisk.
- ☐ Place arugula, half of cheese, and juice mixture in a large bowl; toss well to coat. Divide arugula mixture evenly among 6 plates; divide chicken, prosciutto, tomatoes, remaining cheese, and croutons evenly over salads.

Nutrition Facts



Properties

Glycemic Index:30.42, Glycemic Load:4.39, Inflammation Score:-8, Nutrition Score:12.983043530713%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.03mg, Isorhamnetin: 2.03mg, Isorhamnetin: 2.03mg, Isorhamnetin: 2.03mg Kaempferol: 16.51mg, Kaempferol: 16.51mg, Kaempferol: 16.51mg, Kaempferol: 16.51mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg

Nutrients (% of daily need)

Calories: 198.87kcal (9.94%), Fat: 13.53g (20.81%), Saturated Fat: 3.4g (21.23%), Carbohydrates: 8.33g (2.78%), Net Carbohydrates: 7.01g (2.55%), Sugar: 2.23g (2.48%), Cholesterol: 28.16mg (9.39%), Sodium: 352.52mg (15.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.7g (23.4%), Vitamin K: 59.32µg (56.5%), Vitamin A: 1384.4IU (27.69%), Selenium: 15.09µg (21.55%), Vitamin B3: 4.11mg (20.54%), Folate: 63.99µg (16%), Vitamin B6: 0.31mg (15.57%), Vitamin C: 12.77mg (15.47%), Calcium: 153.01mg (15.3%), Phosphorus: 153.04mg (15.3%), Manganese: 0.25mg (12.28%), Potassium: 381.15mg (10.89%), Magnesium: 39.86mg (9.96%), Vitamin E: 1.49mg (9.92%), Vitamin B1: 0.14mg (9.67%), Vitamin B2: 0.14mg (8.35%), Iron: 1.44mg (7.99%), Vitamin B5: 0.75mg (7.49%), Zinc: 0.8mg (5.35%), Fiber: 1.31g (5.26%), Copper: 0.08mg (4.06%), Vitamin B12: 0.17µg (2.84%)