



 **81%**
HEALTH SCORE

Chicken and Roasted Broccoli Salad With Goat Cheese

 **Gluten Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



337 kcal

SIDE DISH

Ingredients

- 1.8 lbs broccoli cut into 1- 2 florets
- 6 garlic clove sliced
- 4 ounces goat cheese crumbled
- 0.5 lemon wedges for garnish (2 T)
- 2 tablespoons olive oil
- 4 servings oregano dried
- 1 pinch pepper

- 0.5 bell pepper red cut into thin strips
- 1 pinch pepper red crushed
- 1 pinch salt
- 2 cups chicken shredded cooked
- 0.5 teaspoon sugar

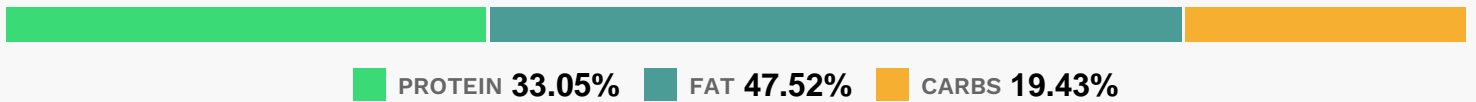
Equipment

- bowl
- frying pan
- baking sheet
- oven

Directions

- Heat oven to 500 degrees and place a sturdy baking sheet on the lowest rack.
- Heat 2 T olive oil, sliced garlic, and pepper flakes in a small skillet over med-low heat. Cook, stirring frequently, until the garlic is soft and begins to turn golden brown, about 5-7 minutes.
- Add chicken to the skillet and cook until heated through, about 3-5 minutes.
- Remove chicken-garlic mixture from heat; stir in oregano and lemon juice. Toss roasted vegetables with the chicken-garlic mixture and an additional 2 T of olive oil in a large salad bowl. Gently fold in the goat cheese crumbles and serve immediately with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:56.65, Glycemic Load:3.57, Inflammation Score:-10, Nutrition Score:29.361304347826%

Flavonoids

Eriodictyol: 0.48mg, Eriodictyol: 0.48mg, Eriodictyol: 0.48mg, Eriodictyol: 0.48mg Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.73mg, Luteolin: 1.73mg, Luteolin: 1.73mg Kaempferol: 15.57mg, Kaempferol: 15.57mg, Kaempferol:

15.57mg, Kaempferol: 15.57mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 6.61mg, Quercetin: 6.61mg, Quercetin: 6.61mg, Quercetin: 6.61mg

Taste

Sweetness: 17.79%, Saltiness: 100%, Sourness: 33.97%, Bitterness: 51.33%, Savoriness: 56.04%, Fattiness: 55.84%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 337.03kcal (16.85%), Fat: 18.47g (28.42%), Saturated Fat: 6.62g (41.38%), Carbohydrates: 16.99g (5.66%), Net Carbohydrates: 10.92g (3.97%), Sugar: 4.89g (5.44%), Cholesterol: 65.54mg (21.85%), Sodium: 234.22mg (10.18%), Protein: 28.91g (57.82%), Vitamin C: 198.67mg (240.82%), Vitamin K: 214.23µg (204.03%), Vitamin A: 2049.07IU (40.98%), Vitamin B6: 0.82mg (40.85%), Vitamin B3: 7.14mg (35.68%), Folate: 141.53µg (35.38%), Phosphorus: 350.66mg (35.07%), Selenium: 23.69µg (33.85%), Manganese: 0.6mg (30.16%), Vitamin B2: 0.47mg (27.44%), Potassium: 860.8mg (24.59%), Fiber: 6.07g (24.28%), Vitamin B5: 2.1mg (20.98%), Vitamin E: 3.04mg (20.28%), Iron: 3.4mg (18.9%), Copper: 0.37mg (18.42%), Calcium: 167.37mg (16.74%), Magnesium: 66.78mg (16.69%), Zinc: 2.26mg (15.05%), Vitamin B1: 0.22mg (14.93%), Vitamin B12: 0.26µg (4.28%)