



HEALTH SCORE

100%

Chicken-and-Spinach Salad with Toasted-Sesame Dressing



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



618 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup cooking oil
- ☐ 2 teaspoons ginger fresh chopped
- ☐ 1 small clove garlic
- ☐ 0.3 teaspoon fresh-ground pepper black
- ☐ 1 tablespoon orange juice
- ☐ 1 bell pepper red cut into thin strips
- ☐ 0.5 teaspoon salt

- ☐ 1.5 teaspoons asian sesame oil
- ☐ 0.3 cup sesame seed
- ☐ 1 pound chicken breasts boneless skinless 3
- ☐ 4.5 quarts pkt spinach washed well
- ☐ 2 tablespoons water
- ☐ 1.5 teaspoons white-wine vinegar

Equipment

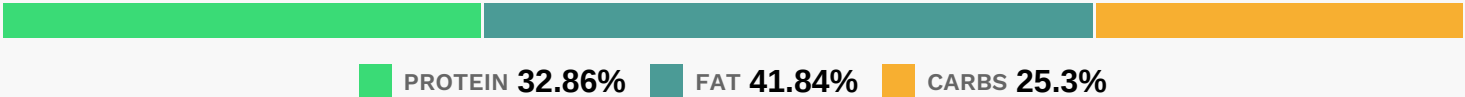
- ☐ bowl
- ☐ frying pan
- ☐ blender

Directions

- ☐ Heat a large frying pan over moderate heat.
- ☐ Add the sesame seeds and cook, stirring frequently, until browned, 2 to 3 minutes.
- ☐ Remove the seeds from the pan immediately.
- ☐ In a blender, combine the vinegar, ginger, garlic, orange juice, sesame oil, the 1/3 cup cooking oil, 1/4 teaspoon of the salt, and 1 tablespoon of the toasted sesame seeds. Puree until smooth and leave the dressing in the blender.
- ☐ In the frying pan, heat the remaining 1 tablespoon oil over moderate heat. Season the chicken breasts with the remaining 1/4 teaspoon salt and the black pepper and add to the pan. Cook until brown, about 5 minutes. Turn and cook until almost done, about 3 minutes more. Cover the pan, remove from the heat, and let steam for 5 minutes.
- ☐ Remove the chicken from the pan. Set the pan over moderate heat and add the water. Cook, scraping the bottom of the pan to dislodge any brown bits, until reduced to 1 tablespoon.
- ☐ Transfer the liquid to the blender and pulse to combine. When the chicken breasts are cool enough to handle, cut them into bite-size pieces and toss with the remaining sesame seeds.
- ☐ In a large bowl, toss the spinach with the red-pepper strips and the chicken.
- ☐ Serve the salad with the dressing spooned over the top.
- ☐ Wine Recommendation: The herbal, grassy notes in sauvignon blanc make it well-suited to pairing with salads. Even better, its high acidity allows it to easily handle the tart orange juice

in this dressing.

Nutrition Facts



Properties

Glycemic Index:57, Glycemic Load:5.96, Inflammation Score:-10, Nutrition Score:77.748695497927%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 8.06mg, Luteolin: 8.06mg, Luteolin: 8.06mg, Luteolin: 8.06mg Kaempferol: 67.93mg, Kaempferol: 67.93mg, Kaempferol: 67.93mg, Kaempferol: 67.93mg Myricetin: 3.74mg, Myricetin: 3.74mg, Myricetin: 3.74mg, Myricetin: 3.74mg Quercetin: 42.36mg, Quercetin: 42.36mg, Quercetin: 42.36mg, Quercetin: 42.36mg

Nutrients (% of daily need)

Calories: 618.37kcal (30.92%), Fat: 32.03g (49.27%), Saturated Fat: 3.58g (22.35%), Carbohydrates: 43.59g (14.53%), Net Carbohydrates: 18.36g (6.68%), Sugar: 6.13g (6.81%), Cholesterol: 72.57mg (24.19%), Sodium: 1266.37mg (55.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.59g (113.18%), Vitamin K: 5157.67µg (4912.06%), Vitamin A: 100807.55IU (2016.15%), Folate: 2094.16µg (523.54%), Manganese: 9.86mg (493.19%), Vitamin C: 341.02mg (413.36%), Magnesium: 908.49mg (227.12%), Potassium: 6485.06mg (185.29%), Iron: 30.81mg (171.19%), Vitamin E: 25.62mg (170.77%), Vitamin B6: 3.1mg (154.95%), Vitamin B2: 2.18mg (128.04%), Calcium: 1156.22mg (115.62%), Vitamin B3: 20.28mg (101.41%), Fiber: 25.23g (100.92%), Copper: 1.81mg (90.6%), Phosphorus: 829.07mg (82.91%), Selenium: 50.31µg (71.88%), Vitamin B1: 1mg (66.6%), Zinc: 7.12mg (47.46%), Vitamin B5: 2.42mg (24.23%), Vitamin B12: 0.23µg (3.78%)