



 **37%**
HEALTH SCORE

Chicken and Spring Mix Salad with Spicy Pineapple Dressing

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



2

CALORIES



348 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tbsp apple cider vinegar (or vinegar + 1 tsp sugar)
- 0.5 tsp garlic powder
- 1 tbsp olive oil extra-virgin (if available)
- 1 tbsp orange juice (or apple juice)
- 1 tsp chili powder (or chili powder)
- 8 ounces pineapple fresh divided cubed
- 0.3 bell pepper red thinly sliced

- 0.3 onion red thinly sliced
- 0.5 tsp salt
- 0.5 serrano chiles seeded (or habanero)
- 0.8 pound chicken breast halves boneless skinless cut into cubes
- 5 ounce spring mix of spinach fresh

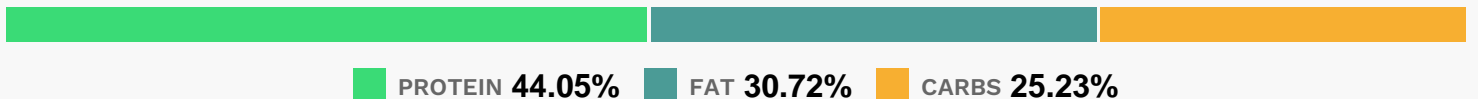
Equipment

- bowl
- frying pan
- ladle
- blender

Directions

- Heat a non-stick pan over medium-high heat with 1 tbsp olive oil.
- Sprinkle both sides of chicken evenly with paprika, garlic powder, and salt.
- Add chicken to pan; cook for 5 minutes on each side or until well browned.
- Remove from pan; set aside.
- Combine half of pineapple, orange juice, vinegar, and Serrano in a blender; process until smooth.
- Add olive oil after blended and mix with spoon or ladle.
- Cut the red onion and red bell pepper into thin strips or desired pieces. Pineapples should be cut into 1/2-inch chunks or can be cut according to preference as well.
- Combine remaining pineapple and the remaining ingredients in a large bowl.
- Drizzle with 3/4 cup dressing, and toss gently to coat. Divide salad evenly among 2 plates.
- Cut chicken across the grain into thin slices; divide chicken evenly over salads.
- Drizzle salad evenly with remaining dressing. Enjoy!

Nutrition Facts



Properties

Glycemic Index:107.33, Glycemic Load:8.85, Inflammation Score:-9, Nutrition Score:30.566086956522%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg

Nutrients (% of daily need)

Calories: 348.29kcal (17.41%), Fat: 11.89g (18.29%), Saturated Fat: 2g (12.52%), Carbohydrates: 21.98g (7.33%), Net Carbohydrates: 19.13g (6.95%), Sugar: 13.53g (15.04%), Cholesterol: 108.86mg (36.29%), Sodium: 823.31mg (35.8%), Protein: 38.35g (76.71%), Vitamin C: 104.03mg (126.1%), Vitamin B3: 19.13mg (95.64%), Vitamin B6: 1.58mg (79.2%), Selenium: 55.41µg (79.15%), Manganese: 1.29mg (64.7%), Phosphorus: 413.56mg (41.36%), Vitamin A: 1974.51IU (39.49%), Potassium: 1005mg (28.71%), Vitamin B5: 2.87mg (28.67%), Magnesium: 74.02mg (18.5%), Folate: 68.81µg (17.2%), Vitamin B1: 0.25mg (16.8%), Vitamin B2: 0.28mg (16.47%), Vitamin E: 2.2mg (14.69%), Copper: 0.24mg (11.99%), Fiber: 2.85g (11.4%), Iron: 1.9mg (10.56%), Zinc: 1.44mg (9.61%), Vitamin K: 7.99µg (7.61%), Vitamin B12: 0.34µg (5.67%), Calcium: 44.65mg (4.47%), Vitamin D: 0.17µg (1.13%)