



WHATSheATE



Chicken and Strawberry Salad



Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



291 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 cups arugula
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 ounces cheese blue crumbled
- ☐ 2 tablespoons cashew pieces unsalted halved
- ☐ 12 ounces rotisserie chicken breast boneless skinless sliced
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.3 cup onion red vertically sliced
- ☐ 2 tablespoons red wine vinegar

- ☐ 4 cups torn romaine lettuce
- ☐ 0.1 teaspoon salt
- ☐ 2 cups strawberries quartered
- ☐ 1 tablespoon sugar
- ☐ 1 tablespoon water

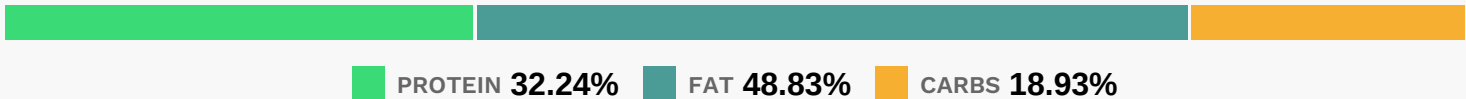
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ To prepare dressing, combine first 5 ingredients in a small bowl. Gradually drizzle in oil, stirring constantly with a whisk.
- ☐ To prepare salad, combine romaine and next 4 ingredients (through chicken) in a bowl; toss gently.
- ☐ Place about 2 cups chicken mixture on each of 4 plates. Top each serving with 1 1/2 teaspoons cashews and 2 tablespoons cheese.
- ☐ Drizzle about 4 teaspoons dressing over each serving.

Nutrition Facts



Properties

Glycemic Index:63.32, Glycemic Load:4.57, Inflammation Score:-10, Nutrition Score:25.997391389764%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg

0.11mg, Epicatechin 3–gallate: 0.11mg, Epicatechin 3–gallate: 0.11mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.53mg, Isorhamnetin: 1.53mg, Isorhamnetin: 1.53mg, Isorhamnetin: 1.53mg Kaempferol: 7.43mg, Kaempferol: 7.43mg, Kaempferol: 7.43mg, Kaempferol: 7.43mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 291.02kcal (14.55%), Fat: 15.98g (24.58%), Saturated Fat: 4.54g (28.38%), Carbohydrates: 13.94g (4.65%), Net Carbohydrates: 10.79g (3.92%), Sugar: 8.42g (9.35%), Cholesterol: 65.06mg (21.69%), Sodium: 346.32mg (15.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.73g (47.47%), Vitamin A: 4711.22IU (94.22%), Vitamin K: 78.14µg (74.42%), Vitamin C: 49.29mg (59.74%), Vitamin B3: 9.57mg (47.85%), Selenium: 30.89µg (44.13%), Vitamin B6: 0.78mg (39.04%), Phosphorus: 309.45mg (30.95%), Folate: 112.9µg (28.22%), Manganese: 0.54mg (27.03%), Potassium: 707.38mg (20.21%), Vitamin B5: 1.76mg (17.62%), Magnesium: 67.09mg (16.77%), Calcium: 144.03mg (14.4%), Fiber: 3.15g (12.62%), Vitamin B2: 0.21mg (12.41%), Copper: 0.22mg (10.92%), Vitamin E: 1.61mg (10.73%), Iron: 1.84mg (10.25%), Zinc: 1.49mg (9.93%), Vitamin B1: 0.15mg (9.72%), Vitamin B12: 0.34µg (5.72%), Vitamin D: 0.16µg (1.04%)