



## Chicken and Strawberry-Spinach Salad

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



260 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 3 tablespoons apple juice
- 2 tablespoons alouette garlic & herbs spreadable cheese
- 2 tablespoons balsamic vinegar
- 1 lb chicken breast boneless skinless
- 8 cups pkt spinach
- 1 cup strawberries cut in half
- 1 oz gorgonzola crumbled
- 0.3 cup walnut pieces chopped

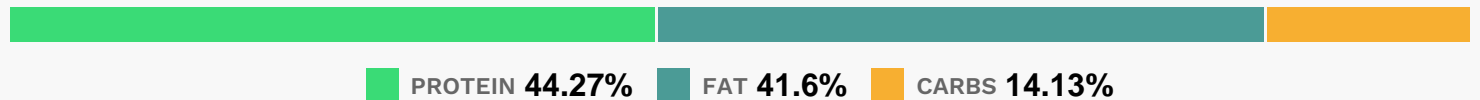
## Equipment

- bowl
- frying pan
- cutting board

## Directions

- In small bowl, mix all dressing ingredients until blended; set aside.
- Spray 10-inch skillet with cooking spray; heat over medium-high heat. Cook chicken in skillet 15 to 20 minutes, turning once, until juice of chicken is clear when center of thickest part is cut (170°F).
- Remove chicken to cutting board.
- Add dressing to skillet; stir to loosen any pan drippings.
- Cut chicken into slices. Among 4 plates, divide spinach. Top with chicken, strawberries and cheese.
- Drizzle with dressing.
- Sprinkle with walnuts.

## Nutrition Facts



## Properties

Glycemic Index:52.44, Glycemic Load:2.43, Inflammation Score:-10, Nutrition Score:30.571304310923%

## Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.26mg, Catechin: 1.26mg, Catechin: 1.26mg, Catechin: 1.26mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.68mg, Epicatechin: 0.68mg, Epicatechin: 0.68mg, Epicatechin: 0.68mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 4.01mg, Kaempferol: 4.01mg, Kaempferol: 4.01mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg

## Nutrients (% of daily need)

Calories: 259.65kcal (12.98%), Fat: 12.1g (18.61%), Saturated Fat: 3.59g (22.42%), Carbohydrates: 9.24g (3.08%), Net Carbohydrates: 6.69g (2.43%), Sugar: 4.52g (5.02%), Cholesterol: 84.14mg (28.05%), Sodium: 294.49mg (12.8%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 28.96g (57.92%), Vitamin K: 291.19µg (277.32%), Vitamin A: 5720.19IU (114.4%), Vitamin B3: 12.56mg (62.82%), Selenium: 38.43µg (54.9%), Vitamin B6: 1.04mg (51.82%), Manganese: 0.96mg (48.16%), Vitamin C: 39.59mg (47.98%), Folate: 139.29µg (34.82%), Phosphorus: 331.21mg (33.12%), Potassium: 880.17mg (25.15%), Magnesium: 96.27mg (24.07%), Vitamin B5: 1.87mg (18.7%), Vitamin B2: 0.27mg (16.16%), Iron: 2.5mg (13.88%), Copper: 0.25mg (12.42%), Calcium: 118.48mg (11.85%), Vitamin E: 1.61mg (10.72%), Vitamin B1: 0.16mg (10.49%), Fiber: 2.55g (10.21%), Zinc: 1.45mg (9.66%), Vitamin B12: 0.31µg (5.22%)