



Chicken and Strawberry-Spinach Salad

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



267 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 tablespoons apple juice
- 2 tablespoons balsamic vinegar
- 1 oz gorgonzola crumbled
- 1 lb chicken breast boneless skinless
- 8 cups pkt spinach
- 1 cup strawberries cut in half
- 2 tablespoons strawberry jam
- 0.3 cup walnut pieces chopped

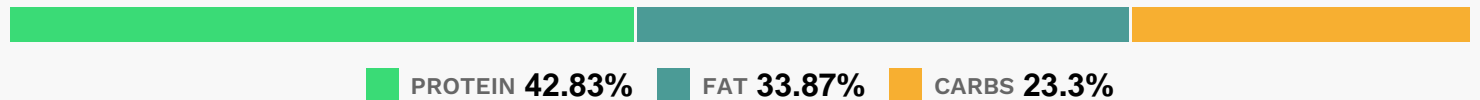
Equipment

- 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 (170F).
- 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:66.19, Glycemic Load:6.16, Inflammation Score:-10, Nutrition Score:30.769565240197%

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: 267.45kcal (13.37%), Fat: 10.1g (15.54%), Saturated Fat: 2.46g (15.4%), Carbohydrates: 15.63g (5.21%), Net Carbohydrates: 12.97g (4.72%), Sugar: 9.37g (10.41%), Cholesterol: 77.89mg (25.96%), Sodium: 266.44mg (11.58%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 28.75g (57.49%), Vitamin K: 291.19µg (277.32%), Vitamin A: 5720.19IU (114.4%), Vitamin B3: 12.57mg (62.83%), Selenium: 38.63µg (55.18%), Vitamin B6: 1.04mg (51.92%), Vitamin C: 40.47mg (49.05%), Manganese: 0.97mg (48.36%), Folate: 140.39µg (35.1%), Phosphorus: 333.11mg (33.31%), Potassium: 887.87mg (25.37%), Magnesium: 96.67mg (24.17%), Vitamin B5: 1.87mg (18.72%), Vitamin B2: 0.28mg (16.6%), Iron: 2.55mg (14.16%), Copper: 0.26mg (12.92%), Calcium: 120.48mg (12.05%), Vitamin E: 1.62mg (10.8%), Fiber: 2.66g (10.65%), Vitamin B1: 0.16mg (10.6%), Zinc: 1.46mg (9.7%), Vitamin B12: 0.31µg (5.22%)