



Chicken and Strawberry Spinach Salad

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



359 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 2 cups chicken breasts diced cooked
- ☐ 0.5 teaspoon cinnamon
- ☐ 2 cups nectarines
- ☐ 0.5 cup pecan halves
- ☐ 0.5 cup poppy seed salad dressing homemade (bottled or)
- ☐ 6 cups pkt spinach washed and torn into bite-sized pieces
- ☐ 2 cups strawberry

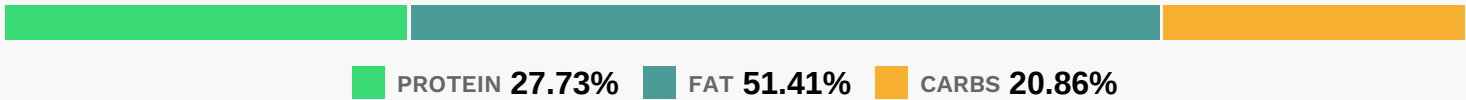
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ aluminum foil

Directions

- ☐ In a small heavy saucepan or skillet, melt butter.2
- ☐ Add pecans; saute 2 minutes, stirring constantly to prevent burning.3
- ☐ Sprinkle with cinnamon; mix well.4 Continue cooking 2 minutes more.5 Cool on a foil-lined baking sheet.6 In a large bowl, combine spinach, fruit and chicken.7
- ☐ Place on four salad plates.8 Top with pecans.9
- ☐ Serve with poppy seed dressing.

Nutrition Facts



Properties

Glycemic Index:45, Glycemic Load:4.26, Inflammation Score:-10, Nutrition Score:29.286956505931%

Flavonoids

Cyanidin: 4.06mg, Cyanidin: 4.06mg, Cyanidin: 4.06mg, Cyanidin: 4.06mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 1.12mg, Delphinidin: 1.12mg, Delphinidin: 1.12mg, Delphinidin: 1.12mg 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: 5.27mg, Catechin: 5.27mg, Catechin: 5.27mg, Catechin: 5.27mg Epigallocatechin: 1.26mg, Epigallocatechin: 1.26mg, Epigallocatechin: 1.26mg, Epigallocatechin: 1.26mg Epicatechin: 2.22mg, Epicatechin: 2.22mg, Epicatechin: 2.22mg, Epicatechin: 2.22mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg

Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 3.23mg, Kaempferol: 3.23mg, Kaempferol: 3.23mg, Kaempferol: 3.23mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 358.5kcal (17.92%), Fat: 21.04g (32.37%), Saturated Fat: 4.18g (26.11%), Carbohydrates: 19.2g (6.4%), Net Carbohydrates: 14.38g (5.23%), Sugar: 13.02g (14.47%), Cholesterol: 67.03mg (22.34%), Sodium: 411.59mg (17.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.54g (51.07%), Vitamin K: 237.78µg (226.46%), Vitamin A: 4586.08IU (91.72%), Vitamin C: 57.32mg (69.48%), Manganese: 1.34mg (67.09%), Vitamin B3: 11.19mg (55.95%), Vitamin B6: 0.6mg (30.24%), Selenium: 21.16µg (30.23%), Folate: 114.51µg (28.63%), Phosphorus: 257.2mg (25.72%), Magnesium: 88.31mg (22.08%), Potassium: 711.46mg (20.33%), Fiber: 4.82g (19.29%), Vitamin E: 2.65mg (17.67%), Copper: 0.34mg (17.05%), Iron: 2.87mg (15.93%), Vitamin B1: 0.21mg (14.23%), Vitamin B2: 0.22mg (12.79%), Zinc: 1.78mg (11.86%), Vitamin B5: 1.04mg (10.39%), Calcium: 83.83mg (8.38%), Vitamin B12: 0.24µg (4.07%)