



WHATSheATE



Chicken Dinner Salad



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



495 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 medium beets
- ☐ 1 teaspoon pepper black divided freshly ground
- ☐ 6 ears shucked corn
- ☐ 4 ounces goat cheese cut into 6 slices
- ☐ 1 tablespoon honey
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 3 tablespoons olive oil divided
- ☐ 6 tablespoons pecans toasted chopped

- ☐ 0.5 cup yogurt plain 2% greek-style
- ☐ 1 shallots minced
- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 6 cups pkt spinach fresh packed
- ☐ 0.3 cup sriracha such as huy fong) hot
- ☐ 0.3 cup citrus champagne vinegar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap
- ☐ grill
- ☐ ziploc bags

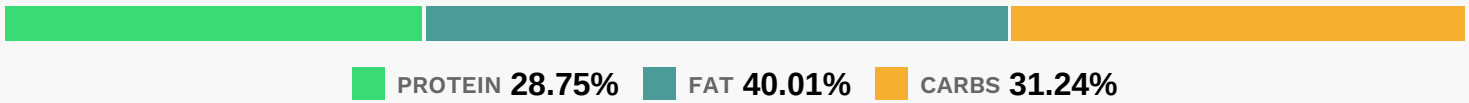
Directions

- ☐ Leave root and 1-inch stem on beets; scrub with a brush.
- ☐ Place beets in a saucepan; cover with water. Bring to a boil. Reduce heat; simmer 1 hour or until tender.
- ☐ Drain. Cool beets slightly. Trim off beet roots and stems; rub off skins. Chop beets.
- ☐ While beets cook, place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound to 1/2-inch thickness using a small heavy skillet.
- ☐ Combine yogurt and Sriracha in a heavy-duty zip-top plastic bag.
- ☐ Add chicken to bag; seal. Marinate in refrigerator 30 minutes, turning occasionally.
- ☐ Remove chicken from bag; discard marinade.
- ☐ Preheat grill to medium-high heat.
- ☐ Combine 2 tablespoons oil, 1/2 teaspoon pepper, 1/4 teaspoon salt, and next 3 ingredients (through shallot) in a small bowl; stir with a whisk.

- ☐
- Place chicken on grill rack; grill 6 minutes on each side or until done.

☐☐☐☐☐

Nutrition Facts



Properties

Glycemic Index:36.71, Glycemic Load:9.25, Inflammation Score:-10, Nutrition Score:38.588261241498%

Flavonoids

Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 495.18kcal (24.76%), Fat: 22.86g (35.16%), Saturated Fat: 5.37g (33.55%), Carbohydrates: 40.17g (13.39%), Net Carbohydrates: 31.73g (11.54%), Sugar: 21.69g (24.1%), Cholesterol: 82.1mg (27.37%), Sodium: 836.63mg (36.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.95g (73.9%), Vitamin K: 151.46µg (144.25%), Manganese: 1.53mg (76.5%), Folate: 293.61µg (73.4%), Vitamin B3: 14.48mg (72.4%), Vitamin A: 3291.21IU (65.82%), Vitamin B6: 1.22mg (60.81%), Selenium: 40.97µg (58.53%), Phosphorus: 504.75mg (50.47%), Potassium: 1490.45mg (42.58%), Vitamin C: 32.23mg (39.07%), Magnesium: 144.96mg (36.24%), Fiber: 8.43g (33.74%), Vitamin B5: 2.84mg (28.44%), Copper: 0.52mg (26.01%), Vitamin B2: 0.43mg (25.31%), Vitamin B1: 0.38mg (25.17%), Iron: 3.92mg (21.75%), Zinc: 2.58mg (17.22%), Vitamin E: 2.16mg (14.38%), Calcium: 121.15mg (12.11%), Vitamin B12: 0.38µg (6.32%), Vitamin D: 0.19µg (1.26%)