



Chicken Pecan Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



987 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup blueberries fresh
- ☐ 0.7 cup brown sugar
- ☐ 1 cup cherry tomato halves
- ☐ 0.5 cup grapes seedless
- ☐ 0.5 cup honey mustard salad dressing
- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 cup butter melted
- ☐ 1 tablespoon olive oil

- ☐ 1 pound pecans coarsely chopped
- ☐ 2 tablespoons pepper sauce red hot
- ☐ 0.3 cup raspberries fresh
- ☐ 1 pound romaine lettuce
- ☐ 1 pinch salt
- ☐ 1 tablespoon greek seasoning
- ☐ 6 chicken breast halves boneless skinless
- ☐ 0.5 cup strawberries fresh
- ☐ 1 teaspoon worcestershire sauce

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a bowl, mix the hot red pepper sauce, margarine, brown sugar, Worcestershire sauce, lemon juice, and salt.
- ☐ Mix pecans into the bowl, tossing to coat evenly.
- ☐ Spread pecans in a single layer on a baking sheet.
- ☐ Bake 10 minutes in the preheated oven, stirring often and watching carefully, until lightly browned.
- ☐ Remove from heat, and set aside.
- ☐ Rub chicken with the olive oil, place on a baking sheet, and sprinkle with Greek seasoning.
- ☐ Bake 20 minutes or until juices run clear. Slice into strips.
- ☐ In a salad bowl, toss together romaine lettuce, chicken strips, cherry tomato halves, strawberries, grapes, raspberries, and blueberries.
- ☐ Sprinkle with pecans, and drizzle with dressing.

Nutrition Facts

PROTEIN 12.83% FAT 66.34% CARBS 20.83%

Properties

Glycemic Index:27.83, Glycemic Load:1.99, Inflammation Score:-10, Nutrition Score:40.863478494727%

Flavonoids

Cyanidin: 11.13mg, Cyanidin: 11.13mg, Cyanidin: 11.13mg, Cyanidin: 11.13mg Petunidin: 1.97mg, Petunidin: 1.97mg, Petunidin: 1.97mg, Petunidin: 1.97mg Delphinidin: 7.79mg, Delphinidin: 7.79mg, Delphinidin: 7.79mg, Delphinidin: 7.79mg Malvidin: 4.18mg, Malvidin: 4.18mg, Malvidin: 4.18mg, Malvidin: 4.18mg Pelargonidin: 3.03mg, Pelargonidin: 3.03mg, Pelargonidin: 3.03mg, Pelargonidin: 3.03mg Peonidin: 1.26mg, Peonidin: 1.26mg, Peonidin: 1.26mg, Peonidin: 1.26mg Catechin: 6.24mg, Catechin: 6.24mg, Catechin: 6.24mg, Catechin: 6.24mg Epigallocatechin: 4.41mg, Epigallocatechin: 4.41mg, Epigallocatechin: 4.41mg, Epigallocatechin: 4.41mg Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 1.78mg, Epigallocatechin 3-gallate: 1.78mg, Epigallocatechin 3-gallate: 1.78mg, Epigallocatechin 3-gallate: 1.78mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 986.52kcal (49.33%), Fat: 75.41g (116.01%), Saturated Fat: 8.88g (55.5%), Carbohydrates: 53.27g (17.76%), Net Carbohydrates: 42.36g (15.4%), Sugar: 36.07g (40.08%), Cholesterol: 72.32mg (24.11%), Sodium: 564mg (24.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.82g (65.63%), Manganese: 3.81mg (190.63%), Vitamin A: 7523.57IU (150.47%), Vitamin K: 101.58µg (96.74%), Vitamin B3: 13.33mg (66.65%), Vitamin B6: 1.15mg (57.43%), Selenium: 39.95µg (57.07%), Copper: 1.05mg (52.65%), Phosphorus: 494.18mg (49.42%), Vitamin B1: 0.66mg (43.95%), Fiber: 10.91g (43.65%), Magnesium: 147.5mg (36.88%), Folate: 138.86µg (34.72%), Potassium: 1111.96mg (31.77%), Vitamin C: 24.67mg (29.91%), Zinc: 4.43mg (29.51%), Iron: 4.55mg (25.27%), Vitamin B5: 2.53mg (25.26%), Vitamin E: 3.03mg (20.2%), Vitamin B2: 0.31mg (18.15%), Calcium: 157.96mg (15.8%), Vitamin B12: 0.24µg (4.08%)