



Chicken Salad with Gorgonzola, Walnuts, and Figs

 Gluten Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



626 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 figs dried
- ☐ 2 teaspoons rosemary dried fresh crumbled chopped
- ☐ 0.3 pound gorgonzola crumbled
- ☐ 0.5 teaspoon fresh-ground pepper black
- ☐ 1 tablespoon olive oil
- ☐ 1.5 quarts radicchio thinly
- ☐ 0.5 teaspoon salt

- ☐ 1.3 pounds chicken breasts boneless skinless 4
- ☐ 1.5 quarts pkt spinach washed
- ☐ 0.7 cup walnut halves
- ☐ 2 cups water
- ☐ 1.5 tablespoons red-wine vinegar

Equipment

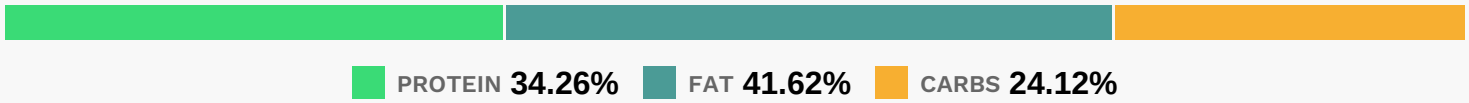
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ grill
- ☐ broiler

Directions

- ☐ Put the water and the figs in a small saucepan. Bring to a boil, turn off the heat, and let stand until the figs are plump, 10 to 15 minutes.
- ☐ Drain the figs and cut them in quarters.
- ☐ In a small frying pan, toast the walnuts over moderately low heat, stirring frequently, until golden brown, about 5 minutes. Or toast them in a 350 oven for 5 to 10 minutes.
- ☐ Light the grill or heat the broiler. Rub the chicken with the 1 tablespoon oil and sprinkle with 1/4 teaspoon of the salt, 1/4 teaspoon of the pepper, and the rosemary. Grill or broil the chicken until just done, about 5 minutes per side. When cool enough to handle, cut into 1/4-inch slices.
- ☐ Put the radicchio and the spinach in a large bowl.
- ☐ Add the remaining 1/3 cup oil and 1/4 teaspoon each salt and pepper and toss.
- ☐ Add the vinegar and toss again.
- ☐ Put the radicchio and spinach on plates. Top with the sliced chicken, and then the Gorgonzola and walnuts. Put some of the figs in the center of each salad.

Wine Recommendation: Avoid big reds; walnuts have quite a bit of tannin, which when combined with tannic wines can create overwhelming dryness. A fresh, fruity Bardolino is perfect for this complex salad.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:4.12, Inflammation Score:-10, Nutrition Score:71.710000255834%

Flavonoids

Cyanidin: 451.19mg, Cyanidin: 451.19mg, Cyanidin: 451.19mg, Cyanidin: 451.19mg Delphinidin: 27.25mg, Delphinidin: 27.25mg, Delphinidin: 27.25mg, Delphinidin: 27.25mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 137.42mg, Luteolin: 137.42mg, Luteolin: 137.42mg, Luteolin: 137.42mg Kaempferol: 22.64mg, Kaempferol: 22.64mg, Kaempferol: 22.64mg, Kaempferol: 22.64mg Myricetin: 1.24mg, Myricetin: 1.24mg, Myricetin: 1.24mg, Myricetin: 1.24mg Quercetin: 125.91mg, Quercetin: 125.91mg, Quercetin: 125.91mg, Quercetin: 125.91mg

Nutrients (% of daily need)

Calories: 625.8kcal (31.29%), Fat: 30.66g (47.17%), Saturated Fat: 8.3g (51.85%), Carbohydrates: 39.97g (13.32%), Net Carbohydrates: 26.42g (9.61%), Sugar: 10.02g (11.13%), Cholesterol: 118.03mg (39.34%), Sodium: 1158.61mg (50.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.78g (113.56%), Vitamin K: 2624.93µg (2499.93%), Vitamin A: 33642.73IU (672.85%), Folate: 937.94µg (234.49%), Manganese: 4.46mg (223.04%), Vitamin C: 130.36mg (158.02%), Potassium: 3857.53mg (110.22%), Vitamin B6: 2.19mg (109.61%), Vitamin E: 16.27mg (108.46%), Copper: 2.09mg (104.57%), Magnesium: 413.18mg (103.3%), Vitamin B3: 19.83mg (99.15%), Selenium: 60.28µg (86.11%), Phosphorus: 819.46mg (81.95%), Iron: 13.17mg (73.19%), Vitamin B2: 1.07mg (62.89%), Calcium: 619.92mg (61.99%), Fiber: 13.55g (54.22%), Zinc: 6.41mg (42.74%), Vitamin B5: 4mg (39.97%), Vitamin B1: 0.52mg (34.37%), Vitamin B12: 0.65µg (10.8%), Vitamin D: 0.29µg (1.95%)