



Chicken Strawberry Spinach Salad with Ginger-Lime Dressing

 Gluten Free  Popular

READY IN



30 min.

SERVINGS



2

CALORIES



238 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 servings pepper black freshly ground to taste
- 1 chicken breast half boneless skinless cut into bite-size pieces
- 2 teaspoons corn oil
- 0.5 teaspoon garlic powder
- 0.5 teaspoon ground ginger
- 0.5 juice of lime juiced
- 1.5 tablespoons mayonnaise

- 2 teaspoons milk
- 1.5 tablespoons slivered almonds
- 2 cups pkt spinach fresh
- 4 strawberries fresh sliced

Equipment

- bowl
- frying pan

Directions

- Heat oil in a skillet over medium heat.
- Place chicken in skillet, season with garlic powder and cook 10 minutes on each side or until juices run clear. Set aside.
- In a bowl, mix mayonnaise, lime juice, ginger and milk.
- Arrange spinach on serving dishes. Top with chicken and strawberries, sprinkle with almonds and drizzle with dressing. Season with pepper to serve.

Nutrition Facts



PROTEIN 24.81% **FAT 64.58%** **CARBS 10.61%**

Properties

Glycemic Index:103.5, Glycemic Load:0.91, Inflammation Score:-9, Nutrition Score:20.542608587638%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg

Eriodictyol: 0.18mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 2.06mg, Kaempferol: 2.06mg, Kaempferol: 2.06mg, Kaempferol: 2.06mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg

Nutrients (% of daily need)

Calories: 238.46kcal (11.92%), Fat: 17.44g (26.84%), Saturated Fat: 2.29g (14.3%), Carbohydrates: 6.44g (2.15%), Net Carbohydrates: 4.17g (1.52%), Sugar: 2.09g (2.32%), Cholesterol: 41.17mg (13.72%), Sodium: 158.88mg (6.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.08g (30.16%), Vitamin K: 164.57µg (156.74%), Vitamin A: 2852.38IU (57.05%), Manganese: 0.73mg (36.52%), Vitamin B3: 6.55mg (32.73%), Vitamin C: 25.48mg (30.89%), Selenium: 19.59µg (27.99%), Vitamin B6: 0.53mg (26.29%), Vitamin E: 3.67mg (24.46%), Phosphorus: 187.59mg (18.76%), Folate: 71.23µg (17.81%), Magnesium: 64.88mg (16.22%), Potassium: 503.4mg (14.38%), Vitamin B2: 0.22mg (12.71%), Vitamin B5: 0.95mg (9.45%), Fiber: 2.27g (9.08%), Iron: 1.58mg (8.77%), Copper: 0.15mg (7.74%), Calcium: 66.19mg (6.62%), Vitamin B1: 0.09mg (6%), Zinc: 0.84mg (5.59%), Vitamin B12: 0.15µg (2.54%)