



Cleopatra's Chicken Salad

READY IN



15 min.

SERVINGS



4

CALORIES



443 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 ounce anchovy drained canned tinned
- ☐ 1.5 pounds breast meat boneless
- ☐ 4 servings coarse salt and pepper black
- ☐ 0.5 cup cooking wine dry white generous a 1 tablespoon
- ☐ 0.3 cup pasteurized cholesterol-free egg product
- ☐ 1 handful flat parsley chopped
- ☐ 4 cloves garlic crushed
- ☐ 4 large cloves garlic finely chopped
- ☐ 4 servings coarsely ground pepper black

- ☐ 0.5 juice of lemon juiced
- ☐ 1 juice of lemon juiced
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 2 tablespoons olive oil extra-virgin 2 turns around the pan
- ☐ 0.5 cup parmigiano grated a couple of handfuls
- ☐ 0.3 teaspoon pepper flakes red crushed a couple of pinches
- ☐ 2 large heads romaine lettuce trimmed to hearts and coarsely chopped
- ☐ 2 teaspoons worcestershire sauce several drops

Equipment

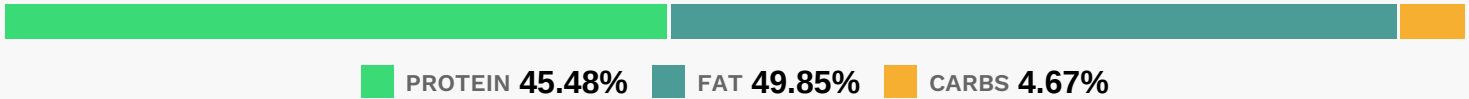
- ☐ bowl
- ☐ frying pan
- ☐ grill

Directions

- ☐ If you are using chicken breasts instead of tenders, cut into long, thick strips about 4 per breast.
- ☐ Heat a large nonstick skillet over medium high heat.
- ☐ Add extra-virgin olive oil in a slow steady stream.
- ☐ Add crushed pepper, crushed garlic, and chicken tenders.
- ☐ Saute chicken tenders or breast slices in garlic oil until lightly browned on all sides, about 5 to 6 minutes.
- ☐ Add wine to the pan and reduce heat to medium low.
- ☐ Let the liquid cook out and tenders cook through, about 3 to 4 minutes more, then remove pan from heat. Squeeze lemon juice over chicken and sprinkle with parsley salt and pepper. Pile tenders along side a generous portion of Caesar greens and serve.
- ☐ To make dressing, combine anchovies, garlic, and oil in a metal or heatproof glass bowl.
- ☐ Place bowl on grill top and cover grill. Cook oil mixture 2 or 3 minutes or until garlic is speaking by sizzling in oil.

- ☐
- Remove dressing from heat and beat warm oil with a fork until the anchovies break up completely and dissipates in oil. Cooked anchovies melt away easily and the flavor changes from fishy to nutty.
- ☐
- Transfer oil mixture to a large salad bowl.
- ☐
- Add Worcestershire, lemon juice, egg, pepper, and cheese while beating with fork. Toss greens to coat with dressing.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:0.81, Inflammation Score:-6, Nutrition Score:25.177826192068%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.75mg, Hesperetin: 1.75mg, Hesperetin: 1.75mg, Hesperetin: 1.75mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 443.39kcal (22.17%), Fat: 22.94g (35.3%), Saturated Fat: 5.53g (34.56%), Carbohydrates: 4.84g (1.61%), Net Carbohydrates: 4.56g (1.66%), Sugar: 1.11g (1.24%), Cholesterol: 185.91mg (61.97%), Sodium: 1177.68mg (51.2%), Alcohol: 3.09g (100%), Alcohol %: 1.31% (100%), Protein: 47.1g (94.19%), Vitamin B3: 20.74mg (103.72%), Selenium: 72.5µg (103.57%), Vitamin B6: 1.44mg (71.94%), Phosphorus: 528.29mg (52.83%), Vitamin B5: 2.91mg (29.13%), Vitamin K: 27.24µg (25.94%), Potassium: 830.58mg (23.73%), Calcium: 217.98mg (21.8%), Vitamin B2: 0.35mg (20.7%), Vitamin E: 2.85mg (18.99%), Magnesium: 67.83mg (16.96%), Zinc: 2.01mg (13.39%), Vitamin B12: 0.75µg (12.5%), Vitamin C: 10.01mg (12.13%), Iron: 2.17mg (12.08%), Manganese: 0.2mg (10.05%), Vitamin B1: 0.15mg (10.05%), Vitamin A: 405.32IU (8.11%), Copper: 0.14mg (7.02%), Folate: 21.88µg (5.47%), Vitamin D: 0.78µg (5.18%), Fiber: 0.27g (1.09%)