



 **71%**
HEALTH SCORE

Coconut Chicken Salad

 Very Healthy

READY IN



60 min.

SERVINGS



2

CALORIES



2300 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 ounce artichoke hearts drained
- 1 avocado (with tip of spoon and scoop) ripe sliced cut in half lengthwise around pit, twist to separate halves, remove pit
- 0.3 teaspoon pepper black
- 1 cup breadcrumbs fresh white french stale (Not from a can! Whirl 4 slices of somewhat or bread in food processor)
- 0.3 teaspoon ground pepper
- 0.5 teaspoon coconut extract
- 2 large eggs

- 1 cup flour
- 2 hardboiled eggs sliced
- 0.5 cup honey
- 0.3 cup milk
- 10 ounces the salad mixed
- 0.3 cup olive oil
- 4 ounce olives black
- 0.3 teaspoon pepper
- 0.3 teaspoon salt
- 0.5 teaspoon salt
- 0.5 cup cheddar cheese shredded
- 0.5 cup mozzarella cheese shredded
- 12 ounce chicken breast boneless skinless
- 0.7 cup spicy brown mustard
- 1 cup coconut sweetened flaked
- 1 cup coconut sweetened flaked
- 2 tomatoes diced seeded
- 2 servings vegetable oil for frying

Equipment

- bowl
- frying pan
- whisk
- baking pan

Directions

- For Chicken: In a shallow baking dish or pie plate combine coconut and bread crumbs. Set aside. In a medium bowl, beat eggs, milk and coconut extract. Dip chicken strips into beaten eggs, then dip in seasoned flour. Dip again in eggs. Press into coconut-bread crumb mixture,

using palm of hand. Coat well!

- Heat 1/2 inch of oil in frying pan over medium high heat.
- Add coconut-battered chicken to oil and fry on both sides until golden brown. (2-3 minutes).
- Remove from pan and let stand for 3 minutes.
- Cut in slices. For Salad: Arrange mixed greens, artichokes, tomato, hard-boiled egg slices, avocado slices, shredded cheese and black olives on large platter.
- Place coconut chicken over greens.
- Serve with honey mustard dressing. For Dressing: In a small bowl, combine all ingredients with a whisk. Can make ahead and store in fridge.
- Serve with salad.

Nutrition Facts

PROTEIN 15.32% **FAT 44.22%** **CARBS 40.46%**

Properties

Glycemic Index: 212.64, Glycemic Load: 74.16, Inflammation Score: -10, Nutrition Score: 74.380869492241%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 2299.81kcal (114.99%), Fat: 115.04g (176.98%), Saturated Fat: 44.74g (279.63%), Carbohydrates: 236.83g (78.94%), Net Carbohydrates: 207.23g (75.36%), Sugar: 114.07g (126.74%), Cholesterol: 535.39mg (178.46%), Sodium: 4797.54mg (208.59%), Alcohol: 0.42g (100%), Protein: 89.66g (179.32%), Selenium: 177.42µg (253.46%), Vitamin B3: 29.75mg (148.73%), Manganese: 2.78mg (139.08%), Phosphorus: 1277.07mg (127.71%), Fiber: 29.6g (118.41%), Vitamin B6: 2.16mg (107.97%), Vitamin B2: 1.76mg (103.55%), Vitamin B1: 1.55mg (103.12%), Folate: 396.76µg (99.19%), Vitamin A: 4272.87IU (85.46%), Vitamin C: 62.77mg (76.09%), Vitamin E: 11.12mg (74.11%), Potassium: 2558.79mg (73.11%), Iron: 13.02mg (72.33%), Calcium: 690.87mg (69.09%), Vitamin B5: 6.85mg (68.53%), Magnesium: 259.88mg (64.97%), Vitamin K: 61.09µg (58.18%), Copper: 1.08mg (54.15%), Zinc: 7.87mg (52.44%), Vitamin B12: 2.63µg (43.86%), Vitamin D: 2.89µg (19.25%)