



## Crispy Chicken Salad

READY IN



45 min.

SERVINGS



4

CALORIES



256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.8 cup carrots shredded
- ☐ 1 tablespoon dijon mustard
- ☐ 0.5 cup breadcrumbs dry fine
- ☐ 1 egg white lightly beaten
- ☐ 1 teaspoon basil fresh chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.3 cup green onions sliced
- ☐ 2 cups iceberg lettuce shredded

- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon onion powder
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 1 cup cabbage shredded red
- ☐ 2 cups romaine lettuce shredded
- ☐ 2 tablespoons skim milk
- ☐ 16 ounce skinned cut into 1-inch strips
- ☐ 0.3 teaspoon thyme leaves dried whole
- ☐ 0.3 cup citrus champagne vinegar

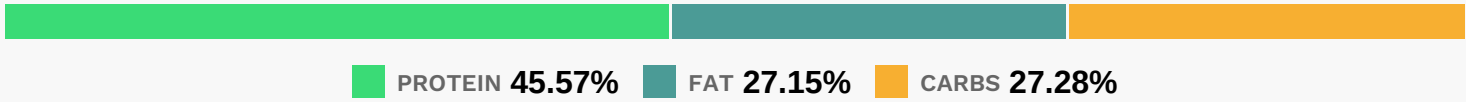
## Equipment

- ☐ baking sheet
- ☐ oven

## Directions

- ☐ Combine first 4 ingredients in a shallow dish; stir well.
- ☐ Combine egg white and milk. Dip chicken in egg white mixture; dredge in breadcrumb mixture.
- ☐ Place chicken on a baking sheet coated with cooking spray.
- ☐ Bake at 350 for 35 minutes or until lightly browned.
- ☐ Combine lettuces, cabbage, carrot, and green onions; toss well.
- ☐ Combine vinegar and remaining ingredients; pour over lettuce mixture, and toss well. Divide lettuce mixture evenly among individual serving plates. Top evenly with chicken strips.

## Nutrition Facts



## Properties

Glycemic Index:86.77, Glycemic Load:1.6, Inflammation Score:-10, Nutrition Score:25.863478266675%

## Flavonoids

Cyanidin: 46.69mg, Cyanidin: 46.69mg, Cyanidin: 46.69mg, Cyanidin: 46.69mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Apigenin: 2.22mg, Apigenin: 2.22mg, Apigenin: 2.22mg, Apigenin: 2.22mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

Nutrients (% of daily need)

Calories: 255.73kcal (12.79%), Fat: 7.54g (11.61%), Saturated Fat: 1.34g (8.36%), Carbohydrates: 17.05g (5.68%), Net Carbohydrates: 13.93g (5.07%), Sugar: 4.47g (4.97%), Cholesterol: 72.8mg (24.27%), Sodium: 318.67mg (13.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.48g (56.96%), Vitamin A: 6688.23IU (133.76%), Vitamin K: 78.44µg (74.7%), Vitamin B3: 13.26mg (66.3%), Selenium: 43.01µg (61.45%), Vitamin B6: 0.99mg (49.73%), Phosphorus: 308.94mg (30.89%), Vitamin C: 20.09mg (24.36%), Potassium: 752.38mg (21.5%), Vitamin B5: 1.92mg (19.2%), Folate: 76.56µg (19.14%), Vitamin B1: 0.28mg (18.84%), Manganese: 0.37mg (18.65%), Vitamin B2: 0.27mg (16.11%), Magnesium: 54.26mg (13.57%), Fiber: 3.12g (12.48%), Iron: 2.13mg (11.85%), Calcium: 84.85mg (8.48%), Zinc: 1.19mg (7.9%), Vitamin E: 1.07mg (7.14%), Copper: 0.12mg (5.86%), Vitamin B12: 0.32µg (5.4%), Vitamin D: 0.2µg (1.31%)