



## Crispy Peach Chicken Salad

READY IN



45 min.

SERVINGS



5

CALORIES



256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 oz baby spinach fresh washed
- 0.5 cup flour whole wheat
- 2 cloves garlic chopped
- 6 oz greek yogurt yoplait®
- 2 tablespoons soy sauce reduced-sodium
- 1 cup panko bread crumbs plain crispy
- 2 cups salsa
- 1 lb chicken breast boneless skinless (1-inch)
- 1 teaspoon thyme leaves dried

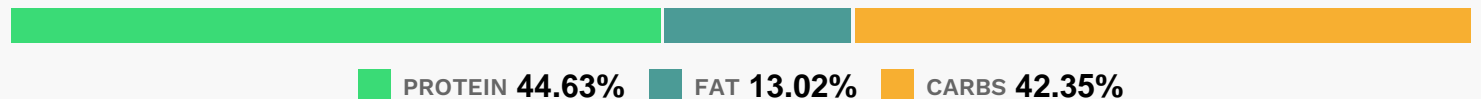
## Equipment

- baking sheet
- oven
- aluminum foil
- ziploc bags

## Directions

- Heat oven to 425F. Line cookie sheet with foil.
- Place rack on foil; spray rack with cooking spray.
- In resealable gallon-size food-storage plastic bag, mix yogurt, soy sauce and garlic.
- Place chicken strips in bag; seal, and squeeze bag to coat chicken. Refrigerate.
- In another resealable gallon-size food-storage plastic bag, mix flour, thyme and bread crumbs.
- Remove chicken from yogurt marinade a few pieces at a time, scraping off excess yogurt mixture, and place in bag of bread crumb mixture. Toss chicken to coat evenly; place on rack on cookie sheet. Spray chicken lightly with cooking spray.
- Bake 15 to 20 minutes or until chicken is no longer pink in center. Cool 5 minutes while assembling salad.
- Divide spinach among 4 salad plates. Spoon 1/2 cup peach salsa over each; top each with 4 pieces chicken.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:21.4, Glycemic Load:0.29, Inflammation Score:-10, Nutrition Score:29.974782741588%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Kaempferol: 2.17mg, Kaempferol: 2.17mg, Kaempferol: 2.17mg, Kaempferol: 2.17mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

## **Nutrients (% of daily need)**

Calories: 256.2kcal (12.81%), Fat: 3.77g (5.81%), Saturated Fat: 0.8g (4.97%), Carbohydrates: 27.61g (9.2%), Net Carbohydrates: 23.04g (8.38%), Sugar: 6.05g (6.73%), Cholesterol: 59.76mg (19.92%), Sodium: 1145.32mg (49.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.1g (58.2%), Vitamin K: 169.9µg (161.81%), Vitamin A: 3737.97IU (74.76%), Selenium: 44.32µg (63.31%), Vitamin B3: 12.42mg (62.12%), Manganese: 1.09mg (54.59%), Vitamin B6: 1.04mg (52.03%), Phosphorus: 362.25mg (36.22%), Potassium: 938.63mg (26.82%), Folate: 97.32µg (24.33%), Magnesium: 96.76mg (24.19%), Vitamin B2: 0.37mg (21.8%), Vitamin B1: 0.31mg (20.66%), Fiber: 4.57g (18.28%), Vitamin B5: 1.81mg (18.05%), Vitamin C: 13.64mg (16.53%), Iron: 2.91mg (16.15%), Vitamin E: 2.26mg (15.05%), Calcium: 136.85mg (13.68%), Copper: 0.23mg (11.54%), Zinc: 1.65mg (11.02%), Vitamin B12: 0.46µg (7.69%)