



HEALTH SCORE

59%

Dinner Tonight: Warm Chicken Salad with Arugula, Capers, and Pine Nuts



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



1140 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 handfuls arugula
- ☐ 1 tablespoon capers drained
- ☐ 0.5 tablespoon dijon mustard
- ☐ 2.5 tablespoons olive oil
- ☐ 2 servings parmesan
- ☐ 1 tablespoon pinenuts
- ☐ 1.5 tablespoons red wine vinegar

- ☐ 1 roasted chicken
- ☐ 2 servings salt and pepper
- ☐ 2 tomatoes sliced

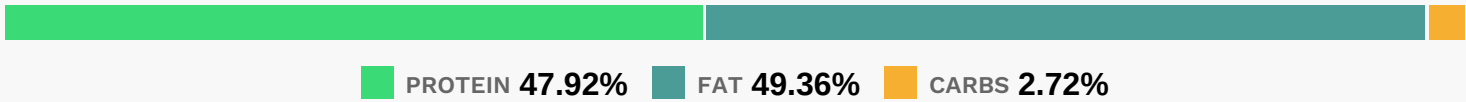
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ microwave

Directions

- ☐ Combine the mustard, red wine vinegar, and 1/4 teaspoon of salt in bowl. Slowly whisk in the olive oil. Set aside.
- ☐ Toss the pine nuts in a small skillet set over medium-high heat. Toast for a minute or so, stirring occasionally. Make sure they don't turn black.
- ☐ Warm the chicken in either small pan or in the microwave. Toss with 1 tablespoon of the dressing.
- ☐ Add the arugula to a large bowl. Toss with 1/2 of the dressing. Taste some of the arugula and add more dressing if it needs it. Divide the arugula between two bowls. Top with the sliced tomatoes, toasted pine nuts, capers, shaved Parmesan and warmed chicken. Season with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:64.5, Glycemic Load:1.66, Inflammation Score:-9, Nutrition Score:43.644347564034%

Flavonoids

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: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol:

12.34mg, Kaempferol: 12.34mg, Kaempferol: 12.34mg, Kaempferol: 12.34mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 9.2mg, Quercetin: 9.2mg, Quercetin: 9.2mg, Quercetin: 9.2mg

Nutrients (% of daily need)

Calories: 1140.04kcal (57%), Fat: 61.03g (93.9%), Saturated Fat: 16.34g (102.13%), Carbohydrates: 7.56g (2.52%), Net Carbohydrates: 5.29g (1.92%), Sugar: 4.13g (4.59%), Cholesterol: 380.4mg (126.8%), Sodium: 1199.3mg (52.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 133.31g (266.63%), Vitamin B3: 38.97mg (194.84%), Selenium: 126.25µg (180.36%), Phosphorus: 1203.82mg (120.38%), Vitamin B6: 2.12mg (105.83%), Zinc: 8.79mg (58.58%), Vitamin B2: 0.87mg (50.89%), Vitamin B5: 5.03mg (50.26%), Calcium: 462.83mg (46.28%), Vitamin K: 46.3µg (44.09%), Potassium: 1533.79mg (43.82%), Iron: 7.23mg (40.17%), Vitamin A: 1939.92IU (38.8%), Magnesium: 153.05mg (38.26%), Manganese: 0.76mg (37.83%), Vitamin B12: 1.75µg (29.2%), Vitamin B1: 0.39mg (25.97%), Vitamin E: 3.85mg (25.67%), Vitamin C: 20.13mg (24.41%), Copper: 0.46mg (22.8%), Folate: 66.83µg (16.71%), Fiber: 2.27g (9.08%)