



 **85%**
HEALTH SCORE

Garlic Chicken over Baby Spinach with Toasted Pine Nuts

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



40 min.

SERVINGS



4

CALORIES



664 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 cups baby spinach fresh
- 0.5 cup oatmeal cornflakes
- 0.5 teaspoon dijon mustard
- 0.5 teaspoon garlic powder
- 1 tablespoon honey
- 0.3 cup juice of lemon fresh
- 4 cups mushrooms sliced

- 0.3 cup olive oil
- 2 tablespoons olive oil
- 0.1 teaspoon pepper
- 0.3 cup pinenuts
- 0.3 teaspoon salt
- 0.8 cup shallots halved sliced
- 20 oz chicken thighs boneless skinless cut into 1-inch pieces
- 3 tablespoons sun-dried tomatoes sliced in oil

Equipment

- bowl
- frying pan
- whisk

Directions

- In small bowl or tightly covered container, beat with wire whisk or shake dressing ingredients; set aside.
- Heat 10-inch nonstick skillet over medium heat until hot. Cook pine nuts in skillet about 4 minutes, stirring frequently until nuts begin to brown, then stirring constantly until nuts are light brown; remove and set aside.
- Meanwhile, in medium bowl, mix corn flake crumbs and garlic powder.
- Add chicken; toss until evenly coated. Increase heat to medium-high. In same skillet, heat 1 tablespoon of the oil until hot. Cook chicken in oil 8 to 10 minutes, turning occasionally, until no longer pink in center; remove and set aside.
- In same skillet, heat remaining 1 tablespoon oil until hot. Cook shallots and mushrooms in oil about 7 minutes, stirring occasionally, until golden brown and tender. Stir in sun-dried tomatoes; remove from heat, stir in chicken.
- To serve, arrange spinach in 4 serving plates; top with chicken mixture.
- Sprinkle with toasted pine nuts.
- Serve with dressing.

Nutrition Facts

PROTEIN 21.64% FAT 50.98% CARBS 27.38%

Properties

Glycemic Index:53.82, Glycemic Load:5.06, Inflammation Score:-10, Nutrition Score:51.372608765312%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 3.83mg, Kaempferol: 3.83mg, Kaempferol: 3.83mg, Kaempferol: 3.83mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 663.62kcal (33.18%), Fat: 38.94g (59.91%), Saturated Fat: 5.67g (35.44%), Carbohydrates: 47.05g (15.68%), Net Carbohydrates: 41.28g (15.01%), Sugar: 13.47g (14.97%), Cholesterol: 134.66mg (44.89%), Sodium: 582.26mg (25.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.19g (74.38%), Vitamin K: 313.98µg (299.03%), Vitamin A: 6336.94IU (126.74%), Vitamin B3: 18mg (90%), Manganese: 1.6mg (80.01%), Vitamin B6: 1.59mg (79.42%), Vitamin B2: 1.28mg (75.03%), Iron: 13.3mg (73.86%), Folate: 267.85µg (66.96%), Selenium: 45.3µg (64.72%), Vitamin C: 45.93mg (55.67%), Phosphorus: 501.5mg (50.15%), Vitamin B1: 0.73mg (48.91%), Potassium: 1434.1mg (40.97%), Vitamin B12: 2.42µg (40.4%), Vitamin E: 5.95mg (39.68%), Copper: 0.73mg (36.59%), Magnesium: 141.37mg (35.34%), Vitamin B5: 3.48mg (34.82%), Zinc: 4.11mg (27.41%), Fiber: 5.76g (23.05%), Calcium: 102.03mg (10.2%), Vitamin D: 1.26µg (8.38%)