



Ginger Chicken with Cucumber-Spinach Salad

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups baby spinach
- 0.3 teaspoon pepper black freshly ground
- 7 chicken breast halves
- 0.7 cup cucumber seeded thinly sliced
- 1 piece ginger fresh peeled thinly sliced
- 1.5 teaspoons kosher salt
- 2 teaspoons juice of lemon
- 1 lime halved

- 0.3 cup olive oil
- 1 pepper flakes red seeded thinly sliced
- 0.5 small onion red thinly sliced
- 2 scallions trimmed thinly sliced

Equipment

- bowl
- frying pan
- sauce pan
- whisk
- colander
- steamer basket

Directions

- In a large bowl, combine the chicken, scallions, half the ginger, the juice from the lime, half the oil, 1 teaspoon of the salt, and half the ground pepper. Toss to combine well and set aside for 15 minutes.
- Meanwhile, in a large saucepan, combine the rest of the ginger and the juiced lime halves.
- Add about an inch of water, place a large steamer basket (or large colander) in the pan, and bring to a boil.
- Remove the chicken from the marinade and place in the steamer in a single layer. Steam until cooked through, about 5 minutes, flipping once halfway through.
- Remove to a plate and cover to keep warm. Reserve 3 cooked chicken-breast halves for another use.
- In a large bowl, whisk together the lemon juice and the remaining oil, salt, and pepper.
- Add the spinach, cucumber, red onion, and chili pepper. Toss well.
- Serve the remaining chicken topped with the Cucumber-Spinach Salad.

Nutrition Facts



■ PROTEIN **47.07%** ■ FAT **46.06%** ■ CARBS **6.87%**

Properties

Glycemic Index:57.5, Glycemic Load:1.37, Inflammation Score:-9, Nutrition Score:30.824782615123%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 7.56mg, Hesperetin: 7.56mg, Hesperetin: 7.56mg, Hesperetin: 7.56mg Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.4mg, Quercetin: 4.4mg, Quercetin: 4.4mg, Quercetin: 4.4mg

Nutrients (% of daily need)

Calories: 371.82kcal (18.59%), Fat: 18.88g (29.04%), Saturated Fat: 3.02g (18.9%), Carbohydrates: 6.33g (2.11%), Net Carbohydrates: 4.58g (1.67%), Sugar: 2.1g (2.33%), Cholesterol: 126.56mg (42.19%), Sodium: 1123.07mg (48.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.4g (86.8%), Vitamin K: 133.15µg (126.81%), Vitamin B3: 21.03mg (105.17%), Selenium: 63.78µg (91.11%), Vitamin B6: 1.62mg (81.25%), Vitamin A: 2361.51IU (47.23%), Phosphorus: 446.01mg (44.6%), Vitamin C: 33.65mg (40.78%), Vitamin B5: 2.97mg (29.75%), Potassium: 989.13mg (28.26%), Magnesium: 79.16mg (19.79%), Vitamin E: 2.94mg (19.62%), Folate: 65.76µg (16.44%), Manganese: 0.32mg (15.99%), Vitamin B2: 0.27mg (15.8%), Vitamin B1: 0.17mg (11.66%), Iron: 1.83mg (10.18%), Zinc: 1.41mg (9.4%), Copper: 0.14mg (7.04%), Fiber: 1.75g (7.01%), Vitamin B12: 0.4µg (6.59%), Calcium: 51.51mg (5.15%), Vitamin D: 0.2µg (1.32%)