



Gluten Free Coconut Chicken Salad

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



1023 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pounds chicken tenderloins boneless skinless
- 1 eggs whole
- 0.5 teaspoon salt
- 1 teaspoon water
- 2 cups coconut sweetened
- 2 cups coconut sweetened
- 1 onion whole red chopped
- 1 cup cashew pieces

- 5 ounces lettuce chopped
- 2 tomatoes whole chopped
- 2 tablespoons olive oil extra virgin
- 0.8 cup veganaise (vegan Mayo)
- 0.8 cup agave nectar (or Honey)
- 2 tablespoons mustard yellow prepared
- 1 tablespoon poppy seeds
- 1 dash worcestershire sauce

Equipment

- bowl
- frying pan
- oven
- whisk

Directions

- Preheat the oven to 350 degrees.
- Defrost the chicken tenderloins if necessary.
- In a shallow dish, beat the egg and add in the water and salt.
- In another shallow bowl, pour in the sweetened coconut.
- Dip the chicken in the egg, then in the coconut. Press to coat and set aside.
- In a large, ovenproof skillet, heat the oil over medium-high heat.
- Add the chicken and cook, turning once, until golden, about 3 minutes. (Do not overcrowd your pan had to make my chicken in 2 batches)
- Transfer the skillet to the oven and bake until cooked through, about 12 minutes.
- Serve the chicken on top of a salad with tomatoes, cashews, onion, and whatever else your heart desires.
- For the dressing just whisk all the ingredients in a medium-sized dish. Then, drizzle the sweet honey mustard dressing on top and gobble up!

Nutrition Facts

PROTEIN 14.94% FAT 55.34% CARBS 29.72%

Properties

Glycemic Index:34.84, Glycemic Load:6.66, Inflammation Score:-8, Nutrition Score:31.782608695652%

Flavonoids

Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.15mg, Quercetin: 5.15mg, Quercetin: 5.15mg, Quercetin: 5.15mg

Taste

Sweetness: 74.14%, Saltiness: 88.48%, Sourness: 32.52%, Bitterness: 16.38%, Savoriness: 65.73%, Fattiness: 100%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 1023.21kcal (51.16%), Fat: 63.18g (97.2%), Saturated Fat: 24.29g (151.81%), Carbohydrates: 76.35g (25.45%), Net Carbohydrates: 66.78g (24.29%), Sugar: 51.97g (57.74%), Cholesterol: 119.83mg (39.94%), Sodium: 868.37mg (37.76%), Protein: 38.37g (76.73%), Selenium: 65.31µg (93.3%), Vitamin B3: 15.58mg (77.89%), Manganese: 1.37mg (68.49%), Vitamin B6: 1.33mg (66.28%), Phosphorus: 570.63mg (57.06%), Copper: 0.89mg (44.61%), Magnesium: 165.55mg (41.39%), Fiber: 9.56g (38.25%), Potassium: 1145.05mg (32.72%), Vitamin K: 30.79µg (29.33%), Vitamin B5: 2.51mg (25.13%), Iron: 4.05mg (22.49%), Zinc: 3.23mg (21.5%), Vitamin B1: 0.32mg (21.13%), Vitamin C: 16.6mg (20.12%), Vitamin B2: 0.28mg (16.72%), Vitamin E: 2.09mg (13.91%), Vitamin A: 645.35IU (12.91%), Folate: 49.66µg (12.42%), Calcium: 74.28mg (7.43%), Vitamin B12: 0.35µg (5.84%), Vitamin D: 0.31µg (2.08%)