



53%
HEALTH SCORE

Grilled Chicken and Avocado Napoleons

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



3359 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 large avocado thinly sliced into 8 pieces
- 2 cups baby spinach leaves
- 0.3 teaspoon cayenne pepper
- 4 servings kosher salt
- 4 servings olive oil for drizzling
- 9 sheets puff pastry frozen thawed cut into 12 (3 by 5-inch) rectangles (9 by 10-inch)
- 3 tablespoons reduced fat mayonnaise
- 16 ounce chicken breast halves boneless skinless

Equipment

- bowl
- baking sheet
- baking paper
- oven
- grill
- grill pan

Directions

- Watch how to make this recipe.
- Place an oven rack in the lower 1/3 of the oven. Preheat the oven to 400 degrees F. Line 2 baking sheets with parchment paper.
- Place the pastry on the prepared baking sheets. Using the tines of a fork, prick the top of the pastry all over. Cover the pastry with parchment paper and place another baking sheet on top.
- Bake for 25 minutes until golden.
- Remove the top baking sheets and parchment paper. Set aside to cool.
- Preheat a grill pan or preheat a gas or charcoal grill. Season the chicken with salt and drizzle with olive oil. Grill until the chicken is cooked through, about 5 to 6 minutes on each side. Set aside to cool.
- In a small bowl, mix together the mayonnaise and cayenne pepper.
- Place 4 pieces pastry on a work surface. Slice each chicken breast diagonally into 6 (1/4-inch thick) slices.
- Place 3 chicken breast slices on each piece of pastry.
- Place 1/4 cup of spinach and 1 avocado slice on top.
- Spread 1 teaspoon of the mayonnaise mixture on the underside of another 4 pieces of pastry to create the middle layer of each Napoleon.
- Place on top. Repeat the layering. Each Napoleon should be completed with a piece of pastry as its top.
- Arrange the Napoleons on a platter and serve.

Nutrition Facts

PROTEIN 7.76% FAT 62.28% CARBS 29.96%

Properties

Glycemic Index:40, Glycemic Load:134.86, Inflammation Score:-10, Nutrition Score:51.166956258857%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 3359.46kcal (167.97%), Fat: 233.07g (358.57%), Saturated Fat: 56.64g (354.02%), Carbohydrates: 252.34g (84.11%), Net Carbohydrates: 242.03g (88.01%), Sugar: 4.69g (5.22%), Cholesterol: 74.25mg (24.75%), Sodium: 1798.71mg (78.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 65.3g (130.6%), Selenium: 170.22µg (243.18%), Vitamin B3: 35.36mg (176.81%), Vitamin K: 180.87µg (172.26%), Vitamin B1: 2.3mg (153.09%), Manganese: 2.88mg (144.05%), Folate: 484.51µg (121.13%), Vitamin B2: 1.74mg (102.09%), Iron: 15.18mg (84.34%), Phosphorus: 591.24mg (59.12%), Vitamin B6: 1.06mg (53.11%), Vitamin E: 6.3mg (42%), Fiber: 10.32g (41.26%), Copper: 0.73mg (36.44%), Magnesium: 137.22mg (34.31%), Vitamin A: 1542.13IU (30.84%), Potassium: 967.34mg (27.64%), Zinc: 3.83mg (25.54%), Vitamin B5: 1.98mg (19.81%), Vitamin C: 8.18mg (9.92%), Calcium: 79.73mg (7.97%), Vitamin B12: 0.23µg (3.78%)