



Grilled Chicken and Spinach Salad with Spicy Pineapple Dressing



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



314 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 teaspoons apple cider vinegar
- ☐ 5 ounce baby spinach fresh (8 cups)
- ☐ 1 teaspoon chili powder
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 large garlic clove
- ☐ 0.5 teaspoon scotch bonnet peppers minced
- ☐ 0.8 cup jicama peeled

- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 2 tablespoons orange juice fresh
- ☐ 1.3 cups pineapple fresh divided cubed (1-inch) (8 ounces)
- ☐ 0.7 cup bell pepper red thinly sliced
- ☐ 0.5 cup onion red thinly sliced
- ☐ 0.5 teaspoon salt
- ☐ 1 pound chicken breast boneless skinless

Equipment

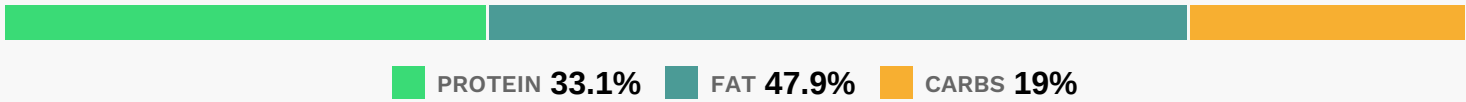
- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ plastic wrap
- ☐ grill pan
- ☐ meat tenderizer

Directions

- ☐ Heat a grill pan over medium-high heat.
- ☐ Place chicken between 2 sheets of plastic wrap, and pound to an even thickness using a meat mallet or small heavy skillet.
- ☐ Sprinkle both sides of chicken evenly with chili powder and salt. Lightly coat chicken with cooking spray.
- ☐ Add chicken to pan; cook for 3 minutes on each side or until done.
- ☐ Remove from pan; set aside.
- ☐ Combine half of pineapple, cilantro, orange juice, vinegar, habanero, and garlic in a blender; process until smooth. With blender on, gradually add olive oil until blended.
- ☐ Combine remaining pineapple, jicama, and the remaining ingredients in a large bowl.
- ☐ Drizzle with 3/4 cup dressing, and toss gently to coat. Divide salad evenly among 4 plates.
- ☐ Cut chicken across the grain into thin slices; divide chicken evenly over salads.

Drizzle salads evenly with remaining 1/4 cup dressing.

Nutrition Facts



Properties

Glycemic Index:90.92, Glycemic Load:5.13, Inflammation Score:-10, Nutrition Score:31.3099999714727%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 2.4mg, Kaempferol: 2.4mg, Kaempferol: 2.4mg, Kaempferol: 2.4mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 5.74mg, Quercetin: 5.74mg, Quercetin: 5.74mg, Quercetin: 5.74mg

Nutrients (% of daily need)

Calories: 313.96kcal (15.7%), Fat: 16.85g (25.92%), Saturated Fat: 2.58g (16.1%), Carbohydrates: 15.05g (5.02%), Net Carbohydrates: 11.27g (4.1%), Sugar: 8.37g (9.3%), Cholesterol: 72.57mg (24.19%), Sodium: 462.59mg (20.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.2g (52.4%), Vitamin K: 182.5µg (173.81%), Vitamin C: 79.58mg (96.46%), Vitamin A: 4354.57IU (87.09%), Vitamin B3: 12.76mg (63.82%), Vitamin B6: 1.11mg (55.46%), Selenium: 37.22µg (53.17%), Manganese: 0.92mg (45.93%), Phosphorus: 281.12mg (28.11%), Folate: 103.69µg (25.92%), Vitamin E: 3.6mg (24.01%), Potassium: 828.3mg (23.67%), Vitamin B5: 1.91mg (19.12%), Magnesium: 73.89mg (18.47%), Fiber: 3.78g (15.12%), Vitamin B2: 0.24mg (14.08%), Vitamin B1: 0.18mg (11.96%), Iron: 2.04mg (11.33%), Copper: 0.17mg (8.5%), Zinc: 1.08mg (7.22%), Calcium: 61.55mg (6.15%), Vitamin B12: 0.23µg (3.78%)