



Honey-Glazed Chicken Salad

 **Gluten Free**  **Dairy Free**

READY IN



60 min.

SERVINGS



4

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 slices oscar mayer bacon crumbled cooked
- 1 Tbsp honey
- 2 navel oranges divided
- 1 small onion red thinly sliced
- 8 cups romaine lettuce thin
- 1 lb chicken breasts boneless skinless
- 0.5 cup tuscan house dressing italian divided kraft

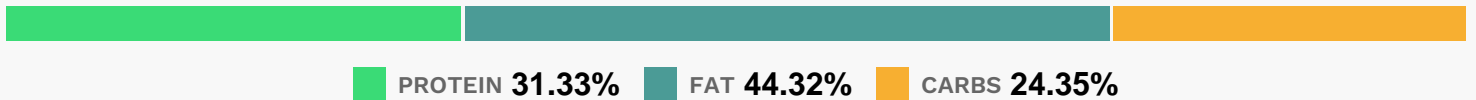
Equipment

- aluminum foil
- broiler
- cutting board

Directions

- Grate zest from 1 orange; mix with 2 Tbsp. dressing and honey.
- Pour over chicken in shallow glass dish. Refrigerate 30 min. to marinate, turning after 15 min.
- Remove chicken from marinade; discard marinade.
- Heat broiler. Broil chicken, 4 inches from heat, 5 min. on each side or until done (165F).
- Transfer to cutting board; cover with foil.
- Let stand 5 min. Meanwhile, peel and slice oranges.
- Slice chicken. Cover platter with lettuce; top with oranges, chicken, onions and bacon.
- Drizzle with remaining dressing.

Nutrition Facts



Properties

Glycemic Index:19.82, Glycemic Load:2.82, Inflammation Score:-10, Nutrition Score:29.560869792233%

Flavonoids

Hesperetin: 15.31mg, Hesperetin: 15.31mg, Hesperetin: 15.31mg, Hesperetin: 15.31mg Naringenin: 4.97mg, Naringenin: 4.97mg, Naringenin: 4.97mg, Naringenin: 4.97mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.79mg, Quercetin: 7.79mg, Quercetin: 7.79mg, Quercetin: 7.79mg

Nutrients (% of daily need)

Calories: 368.75kcal (18.44%), Fat: 18.28g (28.13%), Saturated Fat: 4.49g (28.09%), Carbohydrates: 22.6g (7.53%), Net Carbohydrates: 18.61g (6.77%), Sugar: 15.72g (17.46%), Cholesterol: 87.09mg (29.03%), Sodium: 578.41mg (25.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.08g (58.17%), Vitamin A: 8413.58IU (168.27%), Vitamin K: 113.14µg (107.75%), Vitamin B3: 13.38mg (66.9%), Selenium: 41.85µg (59.79%), Vitamin C: 48.67mg (58.99%), Vitamin B6: 1.09mg (54.29%), Folate: 161.51µg (40.38%), Phosphorus: 326.71mg (32.67%), Potassium:

879.07mg (25.12%), Vitamin B5: 2.09mg (20.92%), Vitamin B1: 0.27mg (17.81%), Fiber: 3.99g (15.97%), Magnesium: 57.31mg (14.33%), Vitamin B2: 0.24mg (14.08%), Manganese: 0.23mg (11.71%), Iron: 1.67mg (9.27%), Zinc: 1.27mg (8.46%), Vitamin E: 1.19mg (7.91%), Calcium: 78.35mg (7.83%), Copper: 0.13mg (6.52%), Vitamin B12: 0.34µg (5.61%), Vitamin D: 0.2µg (1.34%)