



Honey Mustard Spinach Salad with Chicken

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



300 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 Tbsp heinz apple cider vinegar
- 11 oz mandarin orange segments undrained canned
- 0.5 tsp ground ginger
- 0.3 cup grey poupon savory honey mustard divided
- 3 Tbsp oil
- 1 lb chicken breasts boneless skinless
- 8 cups spinach leaves cleaned

Equipment

- bowl
- whisk
- grill

Directions

- Preheat grill to medium heat.
- Brush chicken with 2 Tbsp. of the mustard. Grill or broil 6 to 8 min. on each side or until cooked through (170F).
- Meanwhiile, drain oranges, reserving 2 Tbsp. of the liquid.
- Place reserved liquid in medium bowl.
- Add remaining 2 Tbsp. mustard, the oil, vinegar and ginger; beat with wire whisk until well blended.
- Cover large platter with spinach.
- Cut chicken diagonally into thin slices; arrange over spinach. Top with oranges; drizzle with dressing.

Nutrition Facts

PROTEIN 36.03% **FAT 42.12%** **CARBS 21.85%**

Properties

Glycemic Index:18, Glycemic Load:0.32, Inflammation Score:-10, Nutrition Score:29.397826194763%

Flavonoids

Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 3.83mg, Kaempferol: 3.83mg, Kaempferol: 3.83mg, Kaempferol: 3.83mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

Nutrients (% of daily need)

Calories: 299.74kcal (14.99%), Fat: 13.71g (21.09%), Saturated Fat: 1.46g (9.14%), Carbohydrates: 16g (5.33%), Net Carbohydrates: 13.72g (4.99%), Sugar: 9.85g (10.94%), Cholesterol: 72.57mg (24.19%), Sodium: 261.27mg (11.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.4g (52.79%), Vitamin K: 297.52µg (283.35%), Vitamin A: 6683.14IU (133.66%), Vitamin B3: 12.63mg (63.15%), Vitamin C: 44.65mg (54.12%), Selenium: 37.34µg (53.34%), Vitamin B6: 1mg (50.06%), Manganese: 0.66mg (32.9%), Folate: 124.86µg (31.22%), Phosphorus: 277.38mg (27.74%), Potassium: 871.53mg (24.9%), Vitamin E: 3.39mg (22.59%), Magnesium: 86.5mg (21.62%), Vitamin B5:

1.66mg (16.56%), Vitamin B2: 0.25mg (14.79%), Iron: 2.32mg (12.91%), Vitamin B1: 0.19mg (12.54%), Zinc: 1.4mg (9.34%), Fiber: 2.29g (9.15%), Calcium: 75.46mg (7.55%), Copper: 0.14mg (7.13%), Vitamin B12: 0.23µg (3.78%)