

Hot Chicken Salad



Gluten Free



Dairy Free

READY IN



49 min.

SERVINGS



2

CALORIES



409 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound chicken breast halves boneless skinless
- ☐ 0.3 cup teriyaki sauce
- ☐ 2 cups the salad
- ☐ 0.5 cup water chestnuts sliced
- ☐ 2 medium spring onion cut into 1/2-inch pieces
- ☐ 8 ounces pineapple chunks drained canned
- ☐ 2 tablespoons vegetable oil
- ☐ 2 teaspoons teriyaki sauce

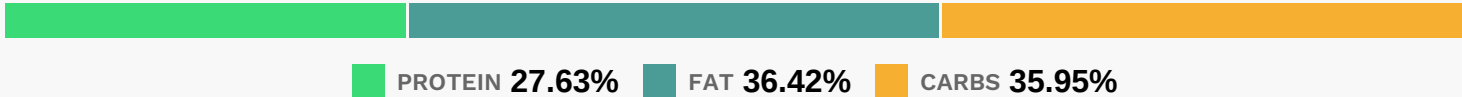
Equipment

- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Place chicken in shallow glass or plastic dish; pour 1/4 cup teriyaki sauce over chicken. Cover and refrigerate, turning occasionally, at least 30 minutes but no longer than 24 hours.
- ☐ Mix salad greens, water chestnuts, onions and pineapple.
- ☐ Mix oil and 2 teaspoons teriyaki sauce; pour over salad mixture and toss. Arrange on 2 salad plates.
- ☐ Arrange chicken, thickest parts to outside edge, on microwavable plate. Cover with plastic wrap, folding back one edge 1/4 inch to vent steam. Microwave on High 3 to 4 minutes or until juice is no longer pink when centers of thickest pieces are cut. Slice chicken; place on salad mixture.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.23, Inflammation Score:-7, Nutrition Score:21.881739367609%

Flavonoids

Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

Nutrients (% of daily need)

Calories: 409.23kcal (20.46%), Fat: 16.78g (25.81%), Saturated Fat: 2.75g (17.18%), Carbohydrates: 37.27g (12.42%), Net Carbohydrates: 33.16g (12.06%), Sugar: 24.46g (27.18%), Cholesterol: 72.57mg (24.19%), Sodium: 1719.83mg (74.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.63g (57.27%), Vitamin B3: 13.29mg (66.43%), Vitamin B6: 1.16mg (57.83%), Vitamin K: 57.25µg (54.52%), Selenium: 38.06µg (54.38%), Phosphorus: 347.2mg (34.72%), Vitamin C: 25.25mg (30.61%), Potassium: 866.44mg (24.76%), Magnesium: 83.38mg (20.84%), Vitamin B5: 1.88mg (18.82%), Fiber: 4.11g (16.43%), Copper: 0.31mg (15.67%), Vitamin B1: 0.23mg (15.36%), Iron: 2.68mg (14.88%), Vitamin A: 694.67IU (13.89%), Vitamin B2: 0.22mg (12.9%), Vitamin E: 1.87mg (12.49%), Folate: 42.97µg (10.74%), Manganese: 0.19mg (9.54%), Zinc: 1.29mg (8.59%), Calcium: 53.44mg (5.34%), Vitamin B12: 0.23µg

(3.78%)