

health-score 99%

HEALTH SCORE

Indian-Spiced Chicken Salad

☒ Gluten Free ☒ Dairy Free ☒ Very Healthy

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

574 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 cups torn boston lettuce leaves
- ☐ 0.5 pint cherry tomatoes halved
- ☐ 1 tablespoon coriander seeds
- ☐ 1.5 teaspoons cumin seeds
- ☐ 0.5 teaspoon fennel seeds
- ☐ 0.3 teaspoon fenugreek
- ☐ 2 garlic cloves thinly sliced
- ☐ 0.3 pound green beans

- ☐ 1 pinch ground turmeric
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 teaspoon mustard seeds
- ☐ 5 tablespoons olive oil extra-virgin
- ☐ 1 pound papaya --peeled red ripe
- ☐ 2 tablespoons tawny port
- ☐ 0.3 cup roasted cashews chopped
- ☐ 1 shallots minced
- ☐ 24 ounces chicken breast halves boneless skinless

Equipment

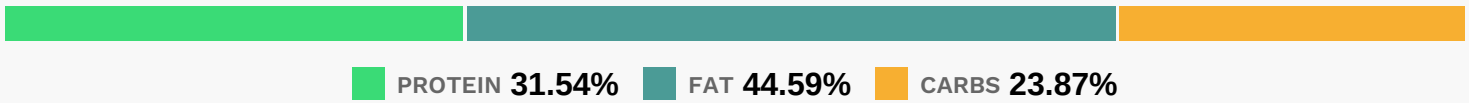
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking pan
- ☐ grill
- ☐ grill pan

Directions

- ☐ In a small skillet, toast the whole spices over moderate heat for 1 minute.
- ☐ Let cool completely, then coarsely grind.
- ☐ In a large, shallow baking dish, mix 1 tablespoon plus 2 teaspoons of the ground spices with 2 tablespoons of the olive oil, the port, garlic, turmeric, 1/4 teaspoon of salt and 1/2 teaspoon of pepper.
- ☐ Add the chicken breasts and turn to coat. Cover and refrigerate for 2 hours or overnight.
- ☐ Mix the remaining ground spices with the lemon juice, shallot and the remaining 3 tablespoons of olive oil and season with salt and pepper.
- ☐ In a saucepan of boiling salted water, cook the green beans for 3 minutes.

- ☐
- Drain and refresh under cold water. Pat dry and cut into 2-inch lengths.
- ☐
- Light a grill or preheat a grill pan.
- ☐
- Remove the chicken breasts from the marinade; discard the garlic. Grill the chicken over moderately high heat until cooked through, about 4 minutes per side.
- ☐
- Let rest for 5 minutes, then cut in to 1 1/2-inch chunks.
- ☐
- In a large bowl, toss the lettuce with the papaya, tomatoes, green beans, chicken and the dressing.
- ☐
- Sprinkle with the cashews and serve.

Nutrition Facts



Properties

Glycemic Index:44.94, Glycemic Load:7.03, Inflammation Score:-10, Nutrition Score:53.055652654689%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg Malvidin: 7.11mg, Malvidin: 7.11mg, Malvidin: 7.11mg, Malvidin: 7.11mg Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 14.31mg, Quercetin: 14.31mg, Quercetin: 14.31mg, Quercetin: 14.31mg

Nutrients (% of daily need)

Calories: 573.66kcal (28.68%), Fat: 29.26g (45.02%), Saturated Fat: 4.72g (29.48%), Carbohydrates: 35.25g (11.75%), Net Carbohydrates: 25.58g (9.3%), Sugar: 17.61g (19.56%), Cholesterol: 108.86mg (36.29%), Sodium: 437.95mg (19.04%), Alcohol: 1.15g (100%), Alcohol %: 0.16% (100%), Protein: 46.58g (93.17%), Vitamin K: 515.83µg (491.27%), Vitamin A: 17295.55IU (345.91%), Vitamin C: 109.83mg (133.13%), Folate: 423.46µg (105.87%), Vitamin B3: 20.66mg (103.29%), Vitamin B6: 1.87mg (93.55%), Selenium: 61.23µg (87.48%), Potassium: 2293.78mg (65.54%), Manganese: 1.27mg (63.27%), Phosphorus: 628.56mg (62.86%), Iron: 9.18mg (50.99%), Magnesium: 183.73mg (45.93%), Fiber: 9.66g (38.65%), Vitamin B5: 3.67mg (36.72%), Vitamin B2: 0.57mg (33.69%), Vitamin B1: 0.49mg (32.91%), Vitamin E: 4.65mg (30.98%), Copper: 0.53mg (26.43%), Calcium: 245.18mg (24.52%), Zinc: 2.99mg (19.96%), Vitamin B12: 0.34µg (5.67%), Vitamin D: 0.17µg (1.13%)