



Lemon-Pepper Chicken Salad

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



341 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup panko bread crumbs crispy
- ☐ 14 oz chicken breast (not breaded)
- ☐ 9 oz the of 1 cos lettuce (6 cups)
- ☐ 2 cranberry-orange relish peeled chopped
- ☐ 0.5 cup balsamic vinaigrette salad dressing
- ☐ 1 serving almonds sliced

Equipment

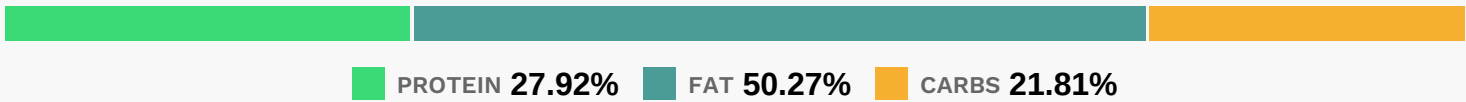
- ☐ bowl

- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Heat oven to 400°F. Line cookie sheet with cooking parchment paper or spray with cooking spray.
- ☐ Place bread crumbs in shallow dish.
- ☐ Add chicken tenders to dish; press crumbs into chicken to coat well.
- ☐ Place chicken on cookie sheet.
- ☐ Bake 12 to 15 minutes or until no longer pink.
- ☐ Cut chicken into 1-inch pieces.
- ☐ Divide lettuce among 4 salad plates or shallow bowls. Top evenly with chicken and orange pieces.
- ☐ Drizzle each with 2 tablespoons dressing.
- ☐ Garnish with sliced almonds.

Nutrition Facts



Properties

Glycemic Index:13.13, Glycemic Load:2.62, Inflammation Score:-10, Nutrition Score:25.95478243154%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg Naringenin: 10.04mg, Naringenin: 10.04mg, Naringenin: 10.04mg, Naringenin: 10.04mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

Nutrients (% of daily need)

Calories: 340.94kcal (17.05%), Fat: 19.22g (29.56%), Saturated Fat: 3.59g (22.41%), Carbohydrates: 18.76g (6.25%), Net Carbohydrates: 15.31g (5.57%), Sugar: 8.37g (9.3%), Cholesterol: 63.5mg (21.17%), Sodium: 202.87mg (8.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.02g (48.04%), Vitamin A: 5732.94IU (114.66%), Vitamin K: 97.2µg (92.57%), Vitamin B3: 11.49mg (57.44%), Selenium: 35.68µg (50.97%), Vitamin C: 38.59mg (46.77%), Vitamin B6: 0.84mg (42.18%), Folate: 122.52µg (30.63%), Phosphorus: 256.44mg (25.64%), Potassium: 669.62mg (19.13%), Vitamin B1: 0.28mg (18.38%), Vitamin B5: 1.73mg (17.32%), Fiber: 3.45g (13.8%), Vitamin B2: 0.22mg (12.73%), Vitamin E: 1.9mg (12.69%), Manganese: 0.24mg (11.96%), Magnesium: 46.79mg (11.7%), Iron: 1.6mg (8.91%), Calcium: 73.47mg (7.35%), Zinc: 0.94mg (6.26%), Copper: 0.12mg (5.91%), Vitamin B12: 0.24µg (3.96%)