



## Light Honey-Mustard Chicken Salad

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

READY IN



45 min.

SERVINGS



4

CALORIES



327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 3 inch cucumber
- 2 teaspoons dijon mustard country-style
- 3 tablespoons egg substitute
- 2 garlic cloves minced
- 4 garlic cloves chopped
- 3 tablespoons honey
- 11 ounce mandarin oranges in syrup light drained canned

- 2 tablespoons olive oil
- 1 cup onion chopped
- 1 tablespoon rice vinegar
- 3 rosemary sprigs
- 6 cups gourmet salad greens
- 1 pound chicken breast boneless skinless
- 1 medium tomatoes cut into 8 wedges
- 4 cups water

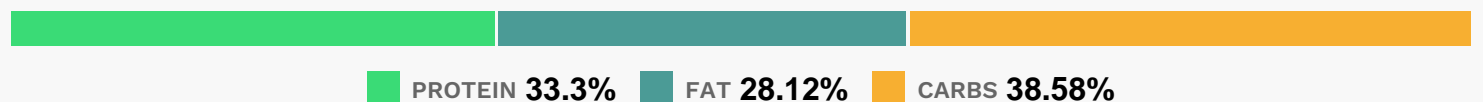
## Equipment

- food processor
- bowl
- frying pan
- dutch oven

## Directions

- Combine the first 5 ingredients in a Dutch oven over medium-high heat. Bring to a boil; cover, reduce heat, and simmer for 12 minutes or until the chicken is done.
- Remove chicken from pan, discarding liquid and solids, and cool chicken slightly. Shred the meat with 2 forks to measure 3 cups.
- Combine egg substitute and next 6 ingredients (egg substitute through minced garlic) in a food processor, and process until smooth.
- Place the chicken and the honey mixture in a medium bowl; toss to coat.
- Line plates with salad greens, and top each serving evenly with chicken salad, cucumber, tomato wedges, and oranges.

## Nutrition Facts



## Properties

Glycemic Index:104.57, Glycemic Load:12.13, Inflammation Score:-9, Nutrition Score:21.246521555859%

## Flavonoids

Hesperetin: 6.19mg, Hesperetin: 6.19mg, Hesperetin: 6.19mg, Hesperetin: 6.19mg Naringenin: 8.02mg, Naringenin: 8.02mg, Naringenin: 8.02mg, Naringenin: 8.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 8.38mg, Quercetin: 8.38mg, Quercetin: 8.38mg, Quercetin: 8.38mg

## Nutrients (% of daily need)

Calories: 326.99kcal (16.35%), Fat: 10.45g (16.07%), Saturated Fat: 1.69g (10.55%), Carbohydrates: 32.24g (10.75%), Net Carbohydrates: 29.48g (10.72%), Sugar: 24.05g (26.72%), Cholesterol: 72.57mg (24.19%), Sodium: 216.76mg (9.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.83g (55.67%), Vitamin B3: 12.76mg (63.82%), Selenium: 43.41µg (62.01%), Vitamin B6: 1.11mg (55.53%), Vitamin C: 44.93mg (54.46%), Phosphorus: 315.77mg (31.58%), Vitamin A: 1537.06IU (30.74%), Potassium: 844.13mg (24.12%), Vitamin B5: 2.18mg (21.83%), Manganese: 0.34mg (17.11%), Magnesium: 60.27mg (15.07%), Vitamin B2: 0.25mg (14.59%), Folate: 54.49µg (13.62%), Vitamin B1: 0.19mg (12.99%), Vitamin E: 1.76mg (11.72%), Fiber: 2.76g (11.05%), Copper: 0.19mg (9.61%), Iron: 1.58mg (8.78%), Calcium: 83.2mg (8.32%), Zinc: 1.21mg (8.07%), Vitamin K: 7.51µg (7.15%), Vitamin B12: 0.27µg (4.46%), Vitamin D: 0.31µg (2.04%)