



WHATSheATE



Lime-Garlic Chicken and Spinach Salad



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



155 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4.5 cups baby spinach leaves
- ☐ 1 teaspoon flour
- ☐ 2 tablespoons garlic minced
- ☐ 1 teaspoon ground pepper fresh black
- ☐ 0.3 cup juice of lime fresh to taste
- ☐ 0.5 onion chopped
- ☐ 1 pinch salt
- ☐ 4 chicken breast halves boneless skinless cut into thin strips

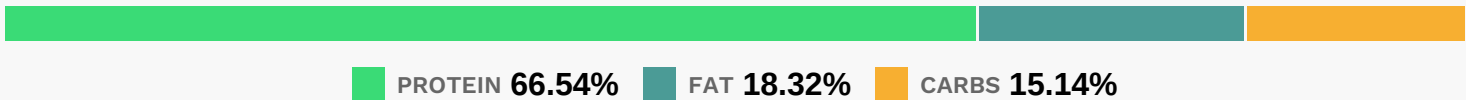
Equipment

☐ frying pan

Directions

- ☐ Place chicken, onions, garlic, salt, pepper, and flour in a resealable bag. Stir in the lime juice. Allow to sit for a few minutes to marinate.
- ☐ Spray a non-stick frying pan with olive oil cooking spray and place over medium heat.
- ☐ Pour in the entire contents of the bag and cook until the onion has softened (there is no need to brown).
- ☐ Add additional lime juice to taste.
- ☐ Serve over spinach.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:1.15, Inflammation Score:-9, Nutrition Score:23.028260894444%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 2.25mg, Kaempferol: 2.25mg, Kaempferol: 2.25mg, Kaempferol: 2.25mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg

Nutrients (% of daily need)

Calories: 154.9kcal (7.74%), Fat: 3.12g (4.81%), Saturated Fat: 0.68g (4.25%), Carbohydrates: 5.81g (1.94%), Net Carbohydrates: 4.55g (1.65%), Sugar: 1.02g (1.14%), Cholesterol: 72.32mg (24.11%), Sodium: 169.07mg (7.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.53g (51.06%), Vitamin K: 164.27µg (156.45%), Vitamin A: 3209.57IU (64.19%), Vitamin B3: 12.13mg (60.65%), Selenium: 37.34µg (53.35%), Vitamin B6: 0.99mg (49.29%), Phosphorus: 267.39mg (26.74%), Manganese: 0.47mg (23.71%), Vitamin C: 17.64mg (21.39%), Potassium: 667.42mg (19.07%), Folate: 75.24µg (18.81%), Vitamin B5: 1.7mg (17.01%), Magnesium: 60.59mg (15.15%), Vitamin B2: 0.19mg (11.21%), Iron: 1.51mg (8.42%), Vitamin B1: 0.12mg (8.08%), Vitamin E: 0.94mg (6.3%), Zinc: 0.93mg (6.17%), Calcium:

53.88mg (5.39%), Copper: 0.1mg (5.16%), Fiber: 1.26g (5.04%), Vitamin B12: 0.23µg (3.77%)