



## Mixed Salad with Hoisin Vinaigrette and Crisp Panko Chicken

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



226 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 teaspoons canola oil
- 1 cup cherry tomatoes halved
- 1 pound chicken breast tenders cut into 1-inch pieces
- 0.3 teaspoon chili powder
- 1 tablespoon dijon mustard
- 1 tablespoon ginger fresh peeled finely chopped

- 1 large garlic clove minced
- 0.5 cup green onions chopped
- 1.5 tablespoons hoisin sauce
- 1.5 teaspoons soya sauce low-sodium
- 0.5 cup panko bread crumbs (Japanese breadcrumbs)
- 8 ounce field greens salad mix
- 0.5 teaspoon salt
- 1 teaspoon sesame oil toasted
- 2 tablespoons citrus champagne vinegar

## Equipment

- food processor
- bowl
- baking sheet
- oven

## Directions

- Preheat oven to 37
- To prepare chicken, combine first 4 ingredients in a medium bowl.
- Add chicken, tossing to coat. Arrange chicken in a single layer on a baking sheet coated with cooking spray.
- Bake at 375 for 15 minutes or until chicken is done and lightly browned, stirring once.
- To prepare salad, combine vinegar and next 7 ingredients (through minced garlic) in a food processor; process until well combined.
- Combine tomatoes, green onions, and salad mix in a large bowl; add vinegar mixture, tossing to coat.
- Place about 1 cup salad mixture on each of 4 plates; top each serving with about 1 cup chicken.

## Nutrition Facts



■ PROTEIN **48.54%** ■ FAT **27.55%** ■ CARBS **23.91%**

## Properties

Glycemic Index:35.25, Glycemic Load:0.33, Inflammation Score:-7, Nutrition Score:18.700869218163%

## Flavonoids

Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

## Nutrients (% of daily need)

Calories: 226.36kcal (11.32%), Fat: 6.81g (10.48%), Saturated Fat: 1.09g (6.82%), Carbohydrates: 13.31g (4.44%), Net Carbohydrates: 11.91g (4.33%), Sugar: 3.43g (3.81%), Cholesterol: 72.75mg (24.25%), Sodium: 706.95mg (30.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.01g (54.01%), Vitamin B3: 13.05mg (65.24%), Selenium: 40.21µg (57.44%), Vitamin B6: 0.97mg (48.26%), Vitamin C: 25.76mg (31.22%), Phosphorus: 300.04mg (30%), Vitamin K: 29.64µg (28.23%), Vitamin A: 1025.73IU (20.51%), Potassium: 684.22mg (19.55%), Vitamin B5: 1.82mg (18.15%), Manganese: 0.31mg (15.3%), Vitamin B1: 0.19mg (12.86%), Magnesium: 50.98mg (12.74%), Vitamin B2: 0.21mg (12.53%), Folate: 49.12µg (12.28%), Iron: 1.82mg (10.09%), Zinc: 1.07mg (7.13%), Copper: 0.14mg (6.89%), Vitamin E: 0.95mg (6.36%), Fiber: 1.39g (5.57%), Calcium: 47.94mg (4.79%), Vitamin B12: 0.25µg (4.22%)