



HEALTH SCORE

96%

Pan-Fried Chicken-and-Spinach Salad



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



1038 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 large apples thinly sliced
- ☐ 6 oz baby spinach fresh washed
- ☐ 0.5 cup cheese blue crumbled
- ☐ 4 skinned and boned chicken breasts
- ☐ 1 large eggs beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 0.7 cup italian-seasoned breadcrumbs
- ☐ 0.3 cup olive oil

- ☐ 8 oz poppy seed dressing
- ☐ 0.5 cup cranberries dried sweetened
- ☐ 0.5 cup walnut pieces

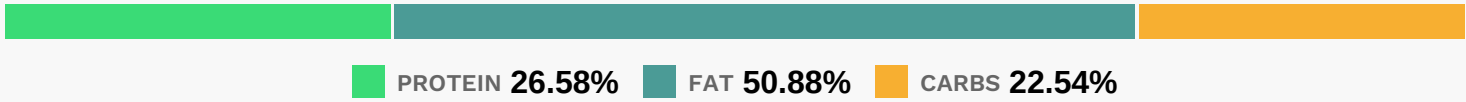
Equipment

- ☐ frying pan

Directions

- ☐ Dredge chicken in flour; dip in egg, and dredge in breadcrumbs.
- ☐ Cook chicken in hot oil in a large skillet over medium heat 3 to 5 minutes on each side or until done; remove from skillet, and let stand 5 minutes.
- ☐ Cut chicken diagonally in 1/2-inch-thick slices.
- ☐ Toss together baby spinach, apple slices, and 1/2 cup walnuts, and divide between 4 serving plates; top evenly with cooked chicken.
- ☐ Stir together poppy seed dressing, cranberries, and blue cheese; serve with salad.
- ☐ Note: For testing purposes only, we used Maple Grove Farms of Vermont Fat Free Poppyseed Dressing.

Nutrition Facts



Properties

Glycemic Index:47.75, Glycemic Load:7.1, Inflammation Score:-10, Nutrition Score:62.049999827924%

Flavonoids

Cyanidin: 1.36mg, Cyanidin: 1.36mg, Cyanidin: 1.36mg, Cyanidin: 1.36mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg

Kaempferol: 2.79mg, Kaempferol: 2.79mg, Kaempferol: 2.79mg, Kaempferol: 2.79mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 4.61mg, Quercetin: 4.61mg, Quercetin: 4.61mg, Quercetin: 4.61mg

Nutrients (% of daily need)

Calories: 1038.22kcal (51.91%), Fat: 60.08g (92.44%), Saturated Fat: 10.49g (65.59%), Carbohydrates: 59.88g (19.96%), Net Carbohydrates: 43.58g (15.85%), Sugar: 20.35g (22.61%), Cholesterol: 204mg (68%), Sodium: 791.54mg (34.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 70.61g (141.22%), Manganese: 5.03mg (251.61%), Vitamin K: 226.41µg (215.63%), Selenium: 95.08µg (135.83%), Vitamin B3: 26.56mg (132.8%), Phosphorus: 1180.56mg (118.06%), Vitamin B6: 2.11mg (105.49%), Calcium: 1021.58mg (102.16%), Vitamin A: 4323.19IU (86.46%), Magnesium: 331.9mg (82.98%), Copper: 1.37mg (68.59%), Vitamin B1: 0.99mg (65.78%), Fiber: 16.3g (65.21%), Iron: 9.77mg (54.26%), Folate: 204.08µg (51.02%), Zinc: 7.46mg (49.7%), Potassium: 1727.87mg (49.37%), Vitamin B5: 4.22mg (42.24%), Vitamin B2: 0.65mg (38.05%), Vitamin E: 4.99mg (33.27%), Vitamin C: 18.55mg (22.49%), Vitamin B12: 0.84µg (13.99%), Vitamin D: 0.56µg (3.74%)