



Pan-Roasted Chicken, Squash, and Chard Salad with Bacon Vinaigrette

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



525 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 tablespoons apple cider vinegar
- 2 bacon
- 0.3 teaspoon pepper black divided freshly ground
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- 1 tablespoon butter
- 4.3 cups butternut squash cubed peeled () (1 1/2 pounds)
- 2 teaspoons canola oil

- 2 chicken breast halves bone-in
- 2 chicken leg quarters
- 0.3 cup less-sodium chicken broth fat-free
- 1.7 cups fuji apple sliced
- 2 garlic cloves minced
- 1 tablespoon juice of lemon fresh
- 3 tablespoons maple syrup
- 8 ounces mushrooms wild halved
- 0.3 teaspoon salt
- 0.5 teaspoon salt
- 8 ounces swiss chard leaves thinly sliced
- 3 tablespoons walnuts toasted coarsely chopped

Equipment

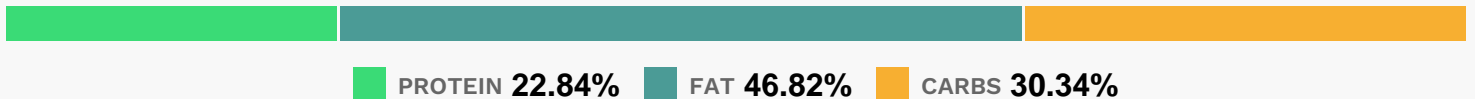
- bowl
- frying pan
- oven
- kitchen thermometer
- ziploc bags

Directions

- Preheat oven to 40
- To prepare chicken, loosen skin from breast halves and leg quarters by inserting fingers, gently pushing between skin and meat.
- Combine 1/2 teaspoon salt and 1/4 teaspoon black pepper; rub salt mixture evenly under loosened skin.
- Heat oil in a large ovenproof skillet over medium-high heat.
- Add chicken, skin side down, to pan; cook 5 minutes or until brown.
- Bake at 400 for 28 minutes or until a thermometer registers 16

- Remove chicken from pan; let stand 10 minutes. Discard skin.
- Place a zip-top plastic bag inside a 2-cup glass measure.
- Pour drippings into bag; let stand 10 minutes (fat will rise to the top). Seal bag; carefully snip off 1 bottom corner of bag.
- Drain drippings into a bowl, stopping before fat layer reaches opening. Reserve drippings and 2 tablespoons fat; discard remaining fat.
- To prepare salad, combine apple, juice, and chard in a large bowl; toss to coat. Melt butter in a large skillet over medium-high heat.
- Add squash to pan; sprinkle with 1/4 teaspoon salt and 1/8 teaspoon black pepper. Cook 10 minutes or until tender, turning to brown on all sides.
- Remove from heat; stir in maple syrup.
- Add squash mixture to apple mixture.
- Sprinkle salad with remaining 1/8 teaspoon black pepper; toss.
- To prepare vinaigrette, heat reserved 2 tablespoons chicken fat in pan over medium heat.
- Add bacon to pan; cook 4 minutes or until crisp, stirring occasionally.
- Add mushrooms and garlic to bacon mixture; cook 3 minutes, stirring frequently. Stir in cider vinegar, scraping pan to loosen browned bits; cook 1 minute or until liquid evaporates. Stir in reserved chicken drippings and broth; bring to a boil.
- Remove from heat. Arrange 2 cups apple mixture on each of 4 plates; drizzle each serving with 1/4 cup vinaigrette. Top each serving with 1 chicken breast half or 1 leg quarter, and sprinkle each serving with 2 1/4 teaspoons walnuts.

Nutrition Facts



Properties

Glycemic Index:84.13, Glycemic Load:6.71, Inflammation Score:-10, Nutrition Score:39.02826052645%

Flavonoids

Cyanidin: 1.02mg, Cyanidin: 1.02mg, Cyanidin: 1.02mg, Cyanidin: 1.02mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.53mg, Catechin: 1.53mg, Catechin: 1.53mg, Catechin: 1.53mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg

Epicatechin: 3.92mg, Epicatechin: 3.92mg, Epicatechin: 3.92mg, Epicatechin: 3.92mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 3.37mg, Kaempferol: 3.37mg, Kaempferol: 3.37mg, Kaempferol: 3.37mg Myricetin: 1.78mg, Myricetin: 1.78mg, Myricetin: 1.78mg, Myricetin: 1.78mg Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg

Nutrients (% of daily need)

Calories: 524.72kcal (26.24%), Fat: 28.15g (43.31%), Saturated Fat: 7.52g (47.01%), Carbohydrates: 41.04g (13.68%), Net Carbohydrates: 34.74g (12.63%), Sugar: 19.8g (22%), Cholesterol: 121.75mg (40.58%), Sodium: 843.03mg (36.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.89g (61.79%), Vitamin K: 477.32µg (454.59%), Vitamin A: 19476.03IU (389.52%), Vitamin B3: 13.99mg (69.95%), Vitamin C: 54.53mg (66.1%), Manganese: 1.26mg (63.16%), Selenium: 41.28µg (58.98%), Vitamin B6: 1.13mg (56.46%), Potassium: 1446.89mg (41.34%), Phosphorus: 410.55mg (41.05%), Vitamin B2: 0.69mg (40.68%), Magnesium: 150.76mg (37.69%), Vitamin B5: 3.25mg (32.54%), Copper: 0.59mg (29.56%), Vitamin E: 4.11mg (27.42%), Vitamin B1: 0.39mg (25.8%), Fiber: 6.31g (25.23%), Iron: 3.48mg (19.34%), Folate: 72.16µg (18.04%), Zinc: 2.47mg (16.49%), Calcium: 144.51mg (14.45%), Vitamin B12: 0.69µg (11.46%), Vitamin D: 0.29µg (1.91%)