



Pecan Crusted Chicken Salad

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



848 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounces cheese blue crumbled
- ☐ 15 ounce mandarin orange segents drained canned
- ☐ 1 cup cranberries dried
- ☐ 1 cup pecans finely chopped
- ☐ 0.5 cup ranch dressing
- ☐ 1 head romaine lettuce leaves
- ☐ 1 cup creamy garlic salad dressing
- ☐ 4 chicken breast halves boneless skinless

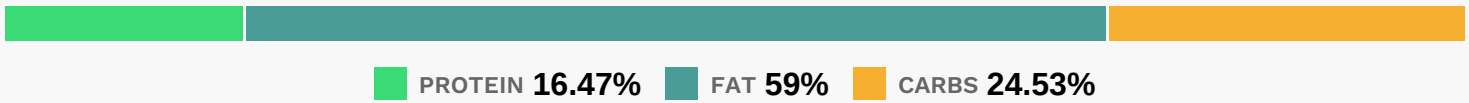
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Place the creamy garlic dressing and pecans in separate bowls. Dip each chicken breast in the dressing then in the pecans to coat. Arrange chicken on a baking sheet.
- ☐ Bake chicken 25 minutes in the preheated oven, until juices run clear. Cool slightly, and cut into strips.
- ☐ On serving plates, arrange equal amounts of the lettuce, mandarin oranges, cranberries, and blue cheese. Top with equal amounts chicken, and serve with Ranch dressing.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:0.3, Inflammation Score:-10, Nutrition Score:41.472608789154%

Flavonoids

Cyanidin: 3.11mg, Cyanidin: 3.11mg, Cyanidin: 3.11mg, Cyanidin: 3.11mg Delphinidin: 2.01mg, Delphinidin: 2.01mg, Delphinidin: 2.01mg, Delphinidin: 2.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epigallocatechin 3–gallate: 0.63mg, Epigallocatechin 3–gallate: 0.63mg, Epigallocatechin 3–gallate: 0.63mg, Epigallocatechin 3–gallate: 0.63mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg

Nutrients (% of daily need)

Calories: 847.53kcal (42.38%), Fat: 57.27g (88.11%), Saturated Fat: 11.54g (72.12%), Carbohydrates: 53.57g (17.86%), Net Carbohydrates: 44.79g (16.29%), Sugar: 41.61g (46.23%), Cholesterol: 101.38mg (33.79%), Sodium: 1330.14mg

(57.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.97g (71.93%), Vitamin A: 15323.96IU (306.48%), Vitamin K: 237.68µg (226.36%), Manganese: 1.6mg (79.97%), Vitamin B3: 13.62mg (68.08%), Selenium: 44.76µg (63.95%), Folate: 240.08µg (60.02%), Vitamin B6: 1.17mg (58.51%), Phosphorus: 548.18mg (54.82%), Vitamin C: 44.25mg (53.64%), Fiber: 8.78g (35.14%), Potassium: 1216.94mg (34.77%), Vitamin B1: 0.49mg (32.45%), Vitamin B5: 2.86mg (28.63%), Magnesium: 108.13mg (27.03%), Copper: 0.52mg (26.18%), Calcium: 257.58mg (25.76%), Vitamin B2: 0.43mg (25.24%), Zinc: 3.69mg (24.6%), Vitamin E: 3.62mg (24.13%), Iron: 3.36mg (18.67%), Vitamin B12: 0.62µg (10.38%), Vitamin D: 0.28µg (1.9%)