



 **38%**
HEALTH SCORE

Pepita Crusted Chicken Salad With Sweet Adobo Vinaigrette

READY IN



45 min.

SERVINGS



4

CALORIES



729 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon chipotle sauce (from chipotle pepper can)
- 1 avocado ripe peeled thinly sliced
- 1 teaspoon dijon mustard
- 1 eggs beaten
- 2 cups flour
- 1 teaspoon ground cumin
- 1 tablespoon honey
- 1 cup jicama peeled thinly sliced

- 1 small mangos
- 350 ml milk
- 0.5 cup cooking oil
- 0.5 onion red thinly sliced
- 1 cup pumpkin seeds roughly chopped (pumpkin seeds)
- 1.5 teaspoons pepper freshly ground
- 2 tablespoons red wine vinegar
- 2 tablespoons salt
- 4 chicken breast boneless skinless (could use chicken tenders)

Equipment

- baking sheet
- baking paper
- oven
- whisk

Directions

- Preheat the oven to 350 degrees F and move the oven rack to the upper-middle position.
- Place a piece of parchment paper on a rimmed baking sheet. Prepare 3 small pans: one with chopped pepitas, one with 1 egg and 1 tablespoon of milk whisked together, and one with a mixture of flour, cumin slat and pepper. Dip the chicken in the flour mixture. Shake off the excess, then dip it in the egg wash, followed by the chopped pepitas.
- Lay the coated chicken on the baking sheet and repeat with the rest.
- Bake the chicken for 20-25 minutes, depending on the size of the breasts. *For chicken tenders bake 15 minutes. While baking, prepare four salad plates with a bed of romaine, followed by thin slivers of mango, avocado, jicama, and red onion.
- Whisk together the adobo sauce, oil, vinegar, honey, Dijon, and salt. Once the chicken is cooked, allow it to cool for at least 5 minutes. Then top each salad with a chicken breast and drizzle with abodo vinaigrette!

Nutrition Facts



■ PROTEIN 22.77% ■ FAT 35.2% ■ CARBS 42.03%

Properties

Glycemic Index:94.51, Glycemic Load:42.97, Inflammation Score:-9, Nutrition Score:39.039130434783%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Taste

Sweetness: 53.17%, Saltiness: 85.72%, Sourness: 26.61%, Bitterness: 22.3%, Savoriness: 54.77%, Fattiness: 100%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 728.51kcal (36.43%), Fat: 28.88g (44.44%), Saturated Fat: 5.76g (36.02%), Carbohydrates: 77.6g (25.87%), Net Carbohydrates: 67.57g (24.57%), Sugar: 19.24g (21.38%), Cholesterol: 124.07mg (41.36%), Sodium: 3696.2mg (160.7%), Protein: 42.05g (84.1%), Selenium: 65.29µg (93.27%), Vitamin B3: 17.72mg (88.62%), Manganese: 1.45mg (72.61%), Phosphorus: 664.06mg (66.41%), Vitamin B6: 1.2mg (59.89%), Folate: 203.18µg (50.8%), Vitamin B1: 0.73mg (48.59%), Magnesium: 179.23mg (44.81%), Vitamin B2: 0.73mg (42.65%), Vitamin C: 33.21mg (40.26%), Fiber: 10.03g (40.12%), Potassium: 1191.59mg (34.05%), Vitamin B5: 3.39mg (33.88%), Iron: 6.01mg (33.42%), Copper: 0.54mg (26.93%), Vitamin E: 3.43mg (22.86%), Zinc: 3.36mg (22.41%), Vitamin K: 20.03µg (19.08%), Vitamin A: 893.79IU (17.88%), Calcium: 170.02mg (17%), Vitamin B12: 0.81µg (13.52%), Vitamin D: 1.33µg (8.84%)