

sack



HEALTH SCORE

76%

Sack Lunch: Zucchini and Chicken Salad



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



616 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



0.3 cup mint leaves fresh chopped



0.8 cup juice of lemon fresh



0.3 cup olive oil



0.3 cup parmesan grated



0.8 cup pecans chopped



0.5 onion red thinly sliced



4 servings salt and pepper



1 pound chicken breast boneless skinless halved

- ☐ 8 ounces pkt spinach with greens) washed well
- ☐ 4 day old pita bread whole wheat (optional; in case you want this as a sandwich)
- ☐ 1.3 pounds zucchini thinly sliced (I used a handheld mandoline)

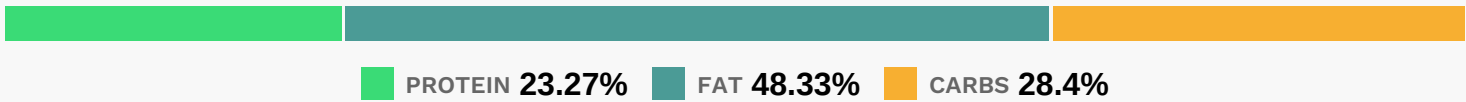
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Whisk together 1/4 cup olive oil, lemon juice, salt, and pepper.
- ☐ Add zucchini and toss to coat.
- ☐ Let marinate while cooking the chicken.
- ☐ Heat the remaining tablespoon olive oil over medium in large nonstick skillet, preferably cast iron. Season the chicken with salt and pepper. Cook until golden brown on both sides, about 7 minutes per side.
- ☐ Remove from skillet and slice thin.
- ☐ Toss everything together and serve.

Nutrition Facts



Properties

Glycemic Index:27.75, Glycemic Load:1.13, Inflammation Score:-10, Nutrition Score:45.833912743175%

Flavonoids

Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg Delphinidin: 1.49mg, Delphinidin: 1.49mg, Delphinidin: 1.49mg, Delphinidin: 1.49mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg Eriodictyol: 3.1mg, Eriodictyol: 3.1mg, Eriodictyol: 3.1mg, Eriodictyol: 3.1mg Hesperetin: 6.91mg, Hesperetin: 6.91mg, Hesperetin: 6.91mg, Hesperetin: 6.91mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg

Luteolin: 0.79mg, Luteolin: 0.79mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 3.71mg, Kaempferol: 3.71mg, Kaempferol: 3.71mg, Kaempferol: 3.71mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 6.15mg, Quercetin: 6.15mg, Quercetin: 6.15mg, Quercetin: 6.15mg

Nutrients (% of daily need)

Calories: 615.73kcal (30.79%), Fat: 34.55g (53.15%), Saturated Fat: 5.1g (31.86%), Carbohydrates: 45.67g (15.22%), Net Carbohydrates: 37.03g (13.47%), Sugar: 7.99g (8.87%), Cholesterol: 76.82mg (25.61%), Sodium: 719.5mg (31.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.42g (74.85%), Vitamin K: 289.97µg (276.16%), Manganese: 2.73mg (136.43%), Vitamin A: 5816.94IU (116.34%), Selenium: 64.08µg (91.54%), Vitamin C: 62.51mg (75.77%), Vitamin B3: 14.83mg (74.15%), Vitamin B6: 1.43mg (71.46%), Phosphorus: 530.27mg (53.03%), Folate: 188.05µg (47.01%), Magnesium: 172.28mg (43.07%), Potassium: 1374.03mg (39.26%), Vitamin B1: 0.53mg (35.16%), Fiber: 8.64g (34.56%), Copper: 0.61mg (30.56%), Iron: 5.05mg (28.05%), Vitamin E: 4.19mg (27.96%), Vitamin B2: 0.46mg (27.29%), Vitamin B5: 2.7mg (26.98%), Zinc: 3.44mg (22.92%), Calcium: 194.18mg (19.42%), Vitamin B12: 0.3µg (5.03%)