



Sautéed-Chicken Salad with Soy Lime Vinaigrette



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



1320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon cayenne
- ☐ 0.5 pound cherry tomatoes quartered
- ☐ 8 tablespoons cooking oil
- ☐ 24 inch corn tortillas halved thin
- ☐ 0.8 pound leaf lettuce green
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 teaspoon fresh-ground pepper black

- ☐ 2 tablespoons juice of lime from 1 lime
- ☐ 1 teaspoon salt
- ☐ 1 pound chicken breasts boneless skinless 3
- ☐ 1.5 teaspoons soya sauce

Equipment

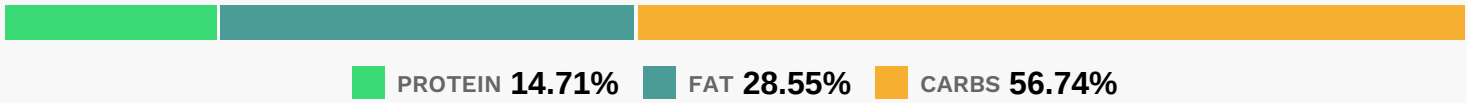
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ In a large frying pan, heat 1 tablespoon of the oil over moderate heat.
- ☐ Add the tortilla strips and cook, stirring occasionally, until brown and crisp, 3 to 4 minutes.
- ☐ Remove the strips from the pan; drain on paper towels. Toss the hot tortilla strips with 1/4 teaspoon of the salt.
- ☐ In the same pan, heat 2 tablespoons of the oil over moderate heat. Season the chicken breasts with 1/4 teaspoon of the salt, the black pepper, and the cumin and add to the pan. Cook until brown, about 5 minutes. Turn and cook until almost done, about 3 minutes more. Cover the pan, remove from the heat, and let steam for 5 minutes.
- ☐ Remove the chicken from the pan. When the chicken breasts are cool enough to handle, cut them into 1/4-inch-thick slices.
- ☐ Meanwhile, in a large glass or stainless-steel bowl, whisk together the lime juice, cayenne, soy sauce, and 1/4 teaspoon of the salt.
- ☐ Add the remaining 5 tablespoons of oil slowly, whisking. Set aside 2 tablespoons of the vinaigrette.
- ☐ Put the lettuce, the tomatoes, and the remaining 1/4 teaspoon salt into the bowl with the vinaigrette and toss.
- ☐ Put the salad on plates. Top with the chicken.
- ☐ Drizzle the reserved vinaigrette over the chicken and sprinkle the tortilla strips over all.
- ☐ Serve with the lime wedges.

Wine Recommendation: A spicy but crisp red wine will work well with this robust salad. For something a bit offbeat, look for a Sancerre rouge, made from pinot noir, or a pinot noir from Alsace.

Nutrition Facts



Properties

Glycemic Index:33.63, Glycemic Load:81.28, Inflammation Score:-10, Nutrition Score:53.76260885985%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg

Nutrients (% of daily need)

Calories: 1320.03kcal (66%), Fat: 43.17g (66.42%), Saturated Fat: 4.64g (29%), Carbohydrates: 193.02g (64.34%), Net Carbohydrates: 164.93g (59.98%), Sugar: 5.95g (6.61%), Cholesterol: 72.57mg (24.19%), Sodium: 1058.26mg (46.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.04g (100.09%), Phosphorus: 1603.08mg (160.31%), Vitamin A: 6651.14IU (133.02%), Vitamin K: 129.25µg (123.1%), Fiber: 28.09g (112.34%), Vitamin B6: 1.9mg (95.04%), Vitamin B3: 18.87mg (94.33%), Selenium: 62.75µg (89.65%), Magnesium: 350.78mg (87.7%), Manganese: 1.7mg (84.9%), Vitamin E: 6.84mg (45.61%), Potassium: 1510.43mg (43.16%), Zinc: 6.42mg (42.83%), Calcium: 387.56mg (38.76%), Iron: 6.95mg (38.62%), Copper: 0.75mg (37.71%), Vitamin B1: 0.55mg (36.83%), Vitamin C: 24.43mg (29.61%), Vitamin B2: 0.47mg (27.83%), Vitamin B5: 2.28mg (22.8%), Folate: 66.49µg (16.62%), Vitamin B12: 0.23µg (3.78%)