

 89%
HEALTH SCORE

Spanish-Style Chicken Salad



Gluten Free



Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



843 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup almonds salted
- ☐ 1 qt baby arugula loosely packed
- ☐ 1 qt baby spinach loosely packed
- ☐ 2 teaspoons garlic finely chopped
- ☐ 1 teaspoon kosher salt divided
- ☐ 0.5 cup manchego cheese shaved
- ☐ 6 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 0.8 teaspoon bell pepper divided

- ☐ 0.8 teaspoon paprika smoked sweet spanish divided
- ☐ 0.5 cup roasted peppers red dry thinly sliced
- ☐ 3 tablespoons sherry vinegar
- ☐ 6 strips. (1 lb. total)

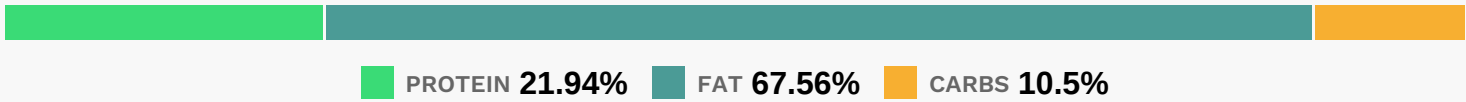
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 42
- ☐ In a large bowl, rub chicken with 2 tbsp. oil; 1/2 tsp. each smoked paprika, regular paprika, and salt; and the garlic.
- ☐ Lay chicken on a rimmed baking sheet and roast until cooked through, about 20 minutes.
- ☐ Meanwhile, in a small bowl, whisk together vinegar and 4 tbsp. oil, 1/4 tsp. each smoked paprika and regular paprika, and 1/2 tsp. salt.
- ☐ Combine arugula, spinach, peppers, and almonds in a large bowl, tossing gently to mix. Thinly slice hot chicken, add to salad, and toss with half the dressing.
- ☐ Divide salad among plates and scatter with cheese.
- ☐ Serve with remaining dressing on the side.

Nutrition Facts



Properties

Glycemic Index:37.75, Glycemic Load:2.96, Inflammation Score:-10, Nutrition Score:61.427390922671%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.78mg, Luteolin: 1.78mg, Luteolin: 1.78mg, Luteolin: 1.78mg Isorhamnetin: 10.65mg, Isorhamnetin: 10.65mg, Isorhamnetin: 10.65mg, Isorhamnetin: 10.65mg Kaempferol: 97.71mg, Kaempferol: 97.71mg, Kaempferol: 97.71mg, Kaempferol: 97.71mg Myricetin: 0.85mg, Myricetin: 0.85mg, Myricetin: 0.85mg, Myricetin: 0.85mg Quercetin: 28.22mg, Quercetin: 28.22mg, Quercetin: 28.22mg, Quercetin: 28.22mg

Nutrients (% of daily need)

Calories: 843.32kcal (42.17%), Fat: 65.71g (101.1%), Saturated Fat: 15.07g (94.18%), Carbohydrates: 22.98g (7.66%), Net Carbohydrates: 11.36g (4.13%), Sugar: 6.71g (7.46%), Cholesterol: 181.22mg (60.41%), Sodium: 1290.03mg (56.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.02g (96.04%), Vitamin K: 1417.18µg (1349.69%), Vitamin A: 28313.97IU (566.28%), Folate: 704.88µg (176.22%), Manganese: 3.38mg (169.2%), Vitamin C: 111.82mg (135.54%), Magnesium: 382.11mg (95.53%), Vitamin E: 13.9mg (92.67%), Calcium: 837.6mg (83.76%), Potassium: 2718.45mg (77.67%), Iron: 12.09mg (67.15%), Vitamin B6: 1.3mg (65.02%), Vitamin B2: 1.09mg (64.14%), Phosphorus: 600.86mg (60.09%), Vitamin B3: 11.11mg (55.53%), Selenium: 35.8µg (51.14%), Fiber: 11.62g (46.47%), Copper: 0.79mg (39.48%), Zinc: 5.11mg (34.1%), Vitamin B1: 0.46mg (30.65%), Vitamin B5: 3.02mg (30.22%), Vitamin B12: 1.08µg (18.08%), Vitamin D: 0.17µg (1.13%)