



Spicy Chicken and Spelt Salad

 Dairy Free

READY IN



105 min.

SERVINGS



10

CALORIES



219 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 carrots thinly sliced
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 0.3 cup cilantro leaves coarsely chopped
- ☐ 2 tablespoons creamy peanut butter
- ☐ 0.3 cup parsley fresh coarsely chopped
- ☐ 1 tablespoon garlic fresh grated
- ☐ 1 tablespoon ginger freshly grated
- ☐ 1 bunch green onions thinly sliced

- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons olive oil
- ☐ 1 onion peeled cut into chunks
- ☐ 1 bell pepper red sliced
- ☐ 2 cups cabbage red thinly sliced
- ☐ 2 tablespoons rice wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 1 serrano chile peppers minced
- ☐ 3 tablespoons asian sesame oil
- ☐ 4 chicken breast halves boneless skinless
- ☐ 0.3 cup soya sauce
- ☐ 1 cup spelt kernels
- ☐ 1 quart water

Equipment

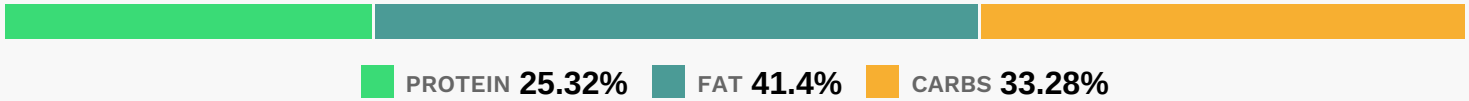
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ sieve

Directions

- ☐ Whisk together soy sauce, sesame oil, olive oil, vinegar, peanut butter, cayenne pepper, ginger, garlic, and serrano in a small bowl; set aside.
- ☐ Toast spelt kernels in a dry skillet on medium-high heat until the kernels are browned and some have popped.
- ☐ Remove, place in a mesh strainer, and rinse well with cold water.
- ☐ Drain. Bring 6 cups of water to a boil in a large saucepan; add 1/2 teaspoon kosher salt and stir in spelt kernels. Return to a boil then cover, reduce heat to low, and simmer until tender, about 1 hour.

- ☐ Drain well and set aside to cool.
- ☐ While the spelt is simmering, fill a skillet with 1 quart water, 1/2 teaspoon salt, and onion. Bring to a boil over high heat.
- ☐ Add chicken breasts, reduce the heat to medium-low, cover, and simmer until the chicken is cooked through, about 15 minutes.
- ☐ Remove chicken from liquid and allow to cool.
- ☐ Once chicken is cool enough to handle, shred into bite-sized chunks and place in a large bowl. Stir in spelt, bell pepper, green onions, parsley, cilantro, carrots, and cabbage.
- ☐ Pour sauce over salad and stir well to combine.

Nutrition Facts



Properties

Glycemic Index:45.48, Glycemic Load:8.25, Inflammation Score:-10, Nutrition Score:17.937826014083%

Flavonoids

Cyanidin: 37.35mg, Cyanidin: 37.35mg, Cyanidin: 37.35mg, Cyanidin: 37.35mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Apigenin: 3.25mg, Apigenin: 3.25mg, Apigenin: 3.25mg, Apigenin: 3.25mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg

Nutrients (% of daily need)

Calories: 219.32kcal (10.97%), Fat: 10.39g (15.98%), Saturated Fat: 1.66g (10.38%), Carbohydrates: 18.79g (6.26%), Net Carbohydrates: 15.22g (5.54%), Sugar: 4.26g (4.73%), Cholesterol: 28.93mg (9.64%), Sodium: 648.99mg (28.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.3g (28.6%), Vitamin A: 3837.33IU (76.75%), Vitamin K: 43.74µg (41.66%), Vitamin C: 30.94mg (37.5%), Manganese: 0.73mg (36.28%), Vitamin B3: 7mg (35.01%), Vitamin B6: 0.53mg (26.64%), Selenium: 17.03µg (24.33%), Phosphorus: 204.96mg (20.5%), Fiber: 3.57g (14.27%), Magnesium: 53.71mg (13.43%), Potassium: 433.68mg (12.39%), Vitamin B5: 1.03mg (10.31%), Vitamin B1: 0.14mg (9.34%), Vitamin E: 1.36mg (9.04%), Iron: 1.58mg (8.8%), Copper: 0.17mg (8.27%), Folate: 32.01µg (8%), Zinc: 1.12mg (7.48%), Vitamin B2: 0.12mg (7.16%), Calcium: 36.03mg (3.6%), Vitamin B12: 0.09µg (1.51%)