



## Spicy chicken salad with broccoli



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



475 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 broccoli cut into florets
- ☐ 2 tbsp olive oil
- ☐ 5 shallots finely sliced
- ☐ 1 handful olives black pitted
- ☐ 4 chicken breast sliced
- ☐ 4 tbsp soya sauce
- ☐ 2 pepper flakes red deseeded sliced
- ☐ 2 garlic clove sliced

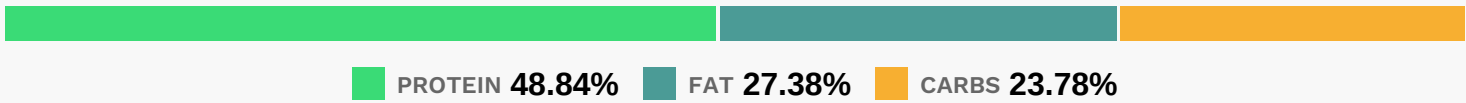
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon

## Directions

- ☐ Steam the broccoli for 4 mins until just tender, tip into a large bowl, then season. Meanwhile, heat the oil in a pan, then fry the shallots for 2 mins.
- ☐ Add the chillies and garlic, then cook for a further 4 mins until softened.
- ☐ Remove the shallots, chilli and garlic with a slotted spoon, then mix with the broccoli, olives and chicken.
- ☐ Add the soy sauce to the pan, warm over a medium heat, then pour over the salad. Eat warm or cold.

## Nutrition Facts



## Properties

Glycemic Index:38, Glycemic Load:6.21, Inflammation Score:-10, Nutrition Score:46.865652094717%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.47mg, Luteolin: 2.47mg, Luteolin: 2.47mg, Luteolin: 2.47mg Kaempferol: 23.84mg, Kaempferol: 23.84mg, Kaempferol: 23.84mg, Kaempferol: 23.84mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 9.94mg, Quercetin: 9.94mg, Quercetin: 9.94mg, Quercetin: 9.94mg

## Nutrients (% of daily need)

Calories: 474.67kcal (23.73%), Fat: 14.9g (22.92%), Saturated Fat: 2.71g (16.96%), Carbohydrates: 29.11g (9.7%), Net Carbohydrates: 19.53g (7.1%), Sugar: 9.17g (10.19%), Cholesterol: 144.64mg (48.21%), Sodium: 1452.13mg (63.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 59.79g (119.59%), Vitamin C: 309.18mg (374.76%), Vitamin K: 318.24µg (303.09%), Vitamin B3: 26.59mg (132.95%), Vitamin B6: 2.5mg (125.13%), Selenium: 80.81µg (115.44%), Phosphorus: 729.56mg (72.96%), Potassium: 2020.01mg (57.71%), Folate: 219.79µg (54.95%), Vitamin B5: 5.18mg (51.76%), Manganese: 0.92mg (46.03%), Vitamin A: 2196.96IU (43.94%), Fiber: 9.58g (38.33%), Vitamin B2: 0.64mg (37.45%), Magnesium: 142.46mg (35.62%), Vitamin E: 4.17mg (27.79%), Vitamin B1: 0.41mg (27.34%), Iron: 4.18mg

(23.22%), Zinc: 2.84mg (18.92%), Calcium: 177.88mg (17.79%), Copper: 0.3mg (15.06%), Vitamin B12: 0.45µg (7.53%),  
Vitamin D: 0.23µg (1.51%)