



Spinach, Pear and Chicken Salad



Gluten Free

READY IN

ready

25 min.

SERVINGS

servings

4

CALORIES

calories

385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



0.3 cup almonds toasted roughly chopped



1 tablespoon apple cider vinegar



5 ounces baby spinach



4 endives cut lengthwise into thin wedges



0.3 cup cranberries dried



0.3 cup gruyère cheese shredded



4 servings kosher salt and pepper freshly ground



1 tablespoon juice of lemon fresh

- ☐ 3.5 tablespoons olive oil extra-virgin
- ☐ 1 pears thinly sliced
- ☐ 12 ounces chicken breast boneless skinless
- ☐ 2 teaspoons whole-grain mustard

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Slice the chicken breast in half horizontally to make 2 thin cutlets; season with salt and pepper.
- ☐ Heat 1/2 tablespoon olive oil in a large nonstick skillet over medium-high heat.
- ☐ Add the chicken and cook until lightly golden and cooked through, 4 to 5 minutes per side.
- ☐ Transfer to a plate to cool, then thinly slice.
- ☐ Meanwhile, combine the cranberries, vinegar and 1 tablespoon water in a small microwave-safe bowl. Cover with plastic wrap and microwave 45 seconds to plump the cranberries.
- ☐ Let cool.
- ☐ Whisk the cranberry-vinegar mixture, lemon juice, mustard, 1/2 teaspoon salt, and pepper to taste in a large bowl.
- ☐ Whisk in the remaining 3 tablespoons olive oil in a slow stream until blended.
- ☐ Add the chicken, spinach, endives, almonds, pear, about half of the cheese, and salt and pepper to taste; toss to combine. Divide among bowls and top with the remaining cheese.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:37.69, Glycemic Load:2.27, Inflammation Score:-10, Nutrition Score:27.277826262557%

Flavonoids

Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg Epicatechin: 1.74mg, Epicatechin: 1.74mg, Epicatechin: 1.74mg, Epicatechin: 1.74mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 2.31mg, Kaempferol: 2.31mg, Kaempferol: 2.31mg, Kaempferol: 2.31mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg

Nutrients (% of daily need)

Calories: 385.09kcal (19.25%), Fat: 23.52g (36.19%), Saturated Fat: 4.25g (26.54%), Carbohydrates: 21.56g (7.19%), Net Carbohydrates: 15.62g (5.68%), Sugar: 12.51g (13.9%), Cholesterol: 63.51mg (21.17%), Sodium: 409.45mg (17.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.83g (49.66%), Vitamin K: 181.69µg (173.04%), Vitamin A: 3455.26IU (69.11%), Vitamin B3: 9.8mg (48.98%), Selenium: 30.32µg (43.32%), Vitamin E: 6mg (39.99%), Vitamin B6: 0.77mg (38.58%), Manganese: 0.73mg (36.31%), Phosphorus: 326.43mg (32.64%), Folate: 101.87µg (25.47%), Magnesium: 95.69mg (23.92%), Fiber: 5.95g (23.78%), Potassium: 785.36mg (22.44%), Vitamin B2: 0.34mg (20.11%), Vitamin C: 15.86mg (19.22%), Calcium: 172mg (17.2%), Vitamin B5: 1.47mg (14.7%), Copper: 0.27mg (13.36%), Iron: 2.1mg (11.66%), Vitamin B1: 0.16mg (10.44%), Zinc: 1.53mg (10.23%), Vitamin B12: 0.3µg (5.03%)