



## Spinach Salad with Pistachio Chicken



Gluten Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



757 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 1 avocado pitted peeled sliced
- ☐ 10 ounce baby spinach leaves rinsed drained
- ☐ 4 servings pepper black to taste
- ☐ 1 pint cherry tomatoes
- ☐ 4 servings garlic powder to taste
- ☐ 2 green onions sliced
- ☐ 4 tablespoons olive oil
- ☐ 4 servings parmesan cheese grated for topping

- ☐ 1 cup pistachios   shelled
- ☐ 4 servings bottled balsamic salad dressing   to taste
- ☐ 4 chicken breast halves   boneless skinless
- ☐ 1 bell pepper   yellow julienned

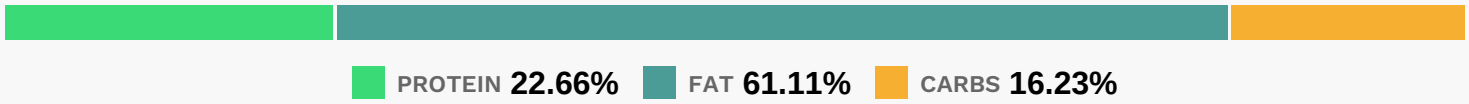
## Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ cutting board

## Directions

- ☐ Place pistachio in a food processor or blender, and pulse until finely diced.
- ☐ Sprinkle half of diced pistachios onto a large plate.
- ☐ Warm oil in a skillet over medium-high heat. Press chicken breast halves into the pistachio pieces, adding more diced nuts to the plate as needed.
- ☐ Sprinkle chicken breasts with garlic powder and black pepper.
- ☐ Place in the skillet, and cook until golden brown. Reduce heat to medium low, and cook for about 3 to 5 minutes on each side, until the chicken is no longer pink inside.
- ☐ Remove chicken to a cutting board, and slice into thin slices.
- ☐ Into four bowls, place equal amounts of spinach leaves, tomatoes, avocado, bell pepper, and green onions.
- ☐ Place chicken slices on top.
- ☐ Sprinkle with Parmesan, pour on Balsamic vinegar, and season with black pepper.

## Nutrition Facts



## Properties

Glycemic Index:39.75, Glycemic Load:1.84, Inflammation Score:-10, Nutrition Score:50.046956933063%

## Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg Kaempferol: 4.62mg, Kaempferol: 4.62mg, Kaempferol: 4.62mg, Kaempferol: 4.62mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg

## Nutrients (% of daily need)

Calories: 757.02kcal (37.85%), Fat: 53.08g (81.67%), Saturated Fat: 10.91g (68.19%), Carbohydrates: 31.74g (10.58%), Net Carbohydrates: 22.1g (8.03%), Sugar: 9.19g (10.21%), Cholesterol: 98.42mg (32.81%), Sodium: 1010.6mg (43.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.29g (88.58%), Vitamin K: 393.62µg (374.88%), Vitamin A: 7848.62IU (156.97%), Vitamin C: 110.86mg (134.37%), Vitamin B6: 1.88mg (93.78%), Selenium: 51.72µg (73.89%), Vitamin B3: 14.58mg (72.92%), Phosphorus: 698.29mg (69.83%), Manganese: 1.34mg (66.9%), Folate: 228.58µg (57.15%), Potassium: 1825.97mg (52.17%), Vitamin E: 6.9mg (46%), Magnesium: 166.95mg (41.74%), Calcium: 406.53mg (40.65%), Copper: 0.78mg (38.9%), Fiber: 9.64g (38.56%), Vitamin B1: 0.51mg (33.99%), Vitamin B2: 0.51mg (29.86%), Iron: 5.32mg (29.53%), Vitamin B5: 2.84mg (28.42%), Zinc: 3.68mg (24.52%), Vitamin B12: 0.63µg (10.52%), Vitamin D: 0.26µg (1.75%)