



System D Salad of Frissée with Spatchcocked Chicken, Peaches, Avocado, and Blueberries



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



4

CALORIES



306 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 servings barbecue chicken spice to taste
- ☐ 1 pint locally grown blueberries washed
- ☐ 2 pound meat from a rotisserie chicken organic free-range
- ☐ 1 pty dressing to taste (i loved the em mustard vinaigrette!)

Equipment

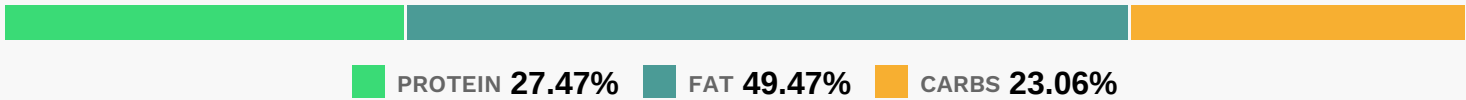
- ☐ frying pan
- ☐ oven

- ☐ wire rack
- ☐ aluminum foil

Directions

- ☐ Spatchcock the chicken; lay it out flat. Season both sides liberally with barbecue spice, and place breast up in a pan with a wire rack. The key here is air circulation.
- ☐ Place it into a 350°F oven and roast the chicken until the juices run clear from the thigh bones, about 30 to 35 minutes.
- ☐ Remove the chicken from the oven, tent with aluminum foil to allow the chicken to rest.
- ☐ Remove the wing and drummettes from the chicken, reserve for garnish. Using a fork, gently scrape all bits of meat from the chicken bones, keeping them in a neat little pile. Be sure to save the skin, cut it up into little strips to mix in with the chicken meat.
- ☐ Cut up the green leaf or frisee lettuce, wash in cold water; spin dry. Toss with either olive oil and red wine vinegar, or your favorite vinaigrette. Arrange the shredded chicken in middle, avocado slices to the left, peach slices to the right, and the blueberries to fill in the spaces. Finally, cap off your masterpiece of System D work with the chicken drummettes as a garnish. Present your masterpiece to the guests, and revel in their enjoyment. Remember, while there may not have been anything in the fridge to start, we managed to pull off a great dish, System D Style!

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:5.73, Inflammation Score:-5, Nutrition Score:12.35565221828%

Flavonoids

Cyanidin: 10.01mg, Cyanidin: 10.01mg, Cyanidin: 10.01mg, Cyanidin: 10.01mg Petunidin: 37.3mg, Petunidin: 37.3mg, Petunidin: 37.3mg, Petunidin: 37.3mg Delphinidin: 41.91mg, Delphinidin: 41.91mg, Delphinidin: 41.91mg, Delphinidin: 41.91mg Malvidin: 79.95mg, Malvidin: 79.95mg, Malvidin: 79.95mg, Malvidin: 79.95mg Peonidin: 24mg, Peonidin: 24mg, Peonidin: 24mg, Peonidin: 24mg Catechin: 6.26mg, Catechin: 6.26mg, Catechin: 6.26mg, Catechin: 6.26mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg Myricetin: 1.54mg, Myricetin: 1.54mg, Myricetin: 1.54mg, Myricetin: 1.54mg Quercetin: 9.07mg, Quercetin: 9.07mg, Quercetin: 9.07mg, Quercetin: 9.07mg

Quercetin: 9.07mg, Quercetin: 9.07mg, Quercetin: 9.07mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

Nutrients (% of daily need)

Calories: 305.67kcal (15.28%), Fat: 16.99g (26.13%), Saturated Fat: 4.78g (29.88%), Carbohydrates: 17.81g (5.94%), Net Carbohydrates: 14.86g (5.4%), Sugar: 11.82g (13.13%), Cholesterol: 81.65mg (27.22%), Sodium: 77.66mg (3.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.22g (42.44%), Vitamin B3: 7.93mg (39.64%), Vitamin K: 32.76µg (31.2%), Manganese: 0.49mg (24.34%), Vitamin B6: 0.46mg (22.79%), Selenium: 15.87µg (22.67%), Phosphorus: 175.93mg (17.59%), Vitamin C: 13.34mg (16.17%), Fiber: 2.95g (11.81%), Vitamin B5: 1.14mg (11.37%), Zinc: 1.65mg (10.98%), Vitamin B2: 0.18mg (10.65%), Iron: 1.66mg (9.24%), Potassium: 303.7mg (8.68%), Magnesium: 31.11mg (7.78%), Vitamin B1: 0.11mg (7.45%), Vitamin E: 1.03mg (6.84%), Copper: 0.13mg (6.41%), Vitamin B12: 0.34µg (5.62%), Vitamin A: 242.61IU (4.85%), Folate: 15.01µg (3.75%), Calcium: 29.03mg (2.9%), Vitamin D: 0.22µg (1.45%)