



Toasted Pecan and Grilled Chicken Dijon Salad

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



60 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup grey poupon savory honey mustard
- 0.5 cup planters pecans toasted chopped
- 1.3 lb cabbage shredded red
- 1.3 cups onion red thinly sliced
- 0.3 tsp each: salt and pepper
- 1.5 lb chicken breasts boneless skinless thinly sliced
- 0.3 cup creamy dressing italian kraft

10 oz spinach leaves fresh cleaned

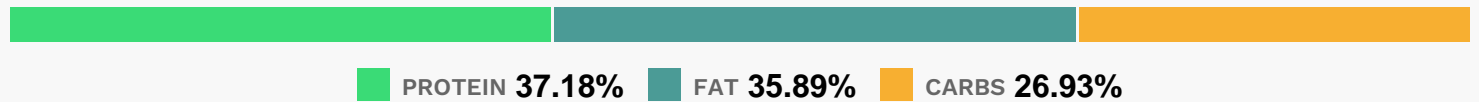
Equipment

bowl

Directions

- Combine dressing and mustard; set aside.
- Toss spinach with cabbage and onions in large bowl.
- Add dressing mixture; toss to coat. Season with salt and pepper.
- Spoon salad onto serving plate; top with chicken.
- Sprinkle with pecans.

Nutrition Facts



Properties

Glycemic Index:3.37, Glycemic Load:0.52, Inflammation Score:-7, Nutrition Score:8.1634783602279%

Flavonoids

Cyanidin: 39.83mg, Cyanidin: 39.83mg, Cyanidin: 39.83mg, Cyanidin: 39.83mg Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 59.93kcal (3%), Fat: 2.4g (3.69%), Saturated Fat: 0.32g (2%), Carbohydrates: 4.05g (1.35%), Net Carbohydrates: 3.17g (1.15%), Sugar: 1.97g (2.18%), Cholesterol: 14.52mg (4.84%), Sodium: 98.3mg (4.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.6g (11.19%), Vitamin K: 54.46µg (51.86%), Vitamin A: 1105.84IU (22.12%), Vitamin C: 14.26mg (17.28%), Vitamin B3: 2.54mg (12.72%), Vitamin B6: 0.24mg (12.07%), Manganese: 0.22mg

(10.92%), Selenium: 7.62µg (10.88%), Phosphorus: 64.95mg (6.5%), Folate: 24.36µg (6.09%), Potassium: 201.92mg (5.77%), Magnesium: 19.22mg (4.81%), Vitamin B5: 0.38mg (3.8%), Fiber: 0.88g (3.54%), Vitamin B2: 0.06mg (3.39%), Vitamin B1: 0.05mg (3.24%), Iron: 0.55mg (3.08%), Vitamin E: 0.34mg (2.25%), Copper: 0.04mg (2.24%), Calcium: 22.14mg (2.21%), Zinc: 0.31mg (2.08%)