



Walnut-Chicken Salad

READY IN



45 min.

SERVINGS



4

CALORIES



602 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons buttermilk
- ☐ 16 cherry tomatoes cut in half
- ☐ 4 chicken breast halves
- ☐ 4 ounces colby cheese shredded
- ☐ 0.5 cup breadcrumbs dry fine
- ☐ 4 servings honey
- ☐ 6 cups the salad mixed
- ☐ 1 teaspoon salt
- ☐ 4 cups pkt spinach fresh

- ☐ 2 tablespoons vegetable oil
- ☐ 1 cup walnuts finely

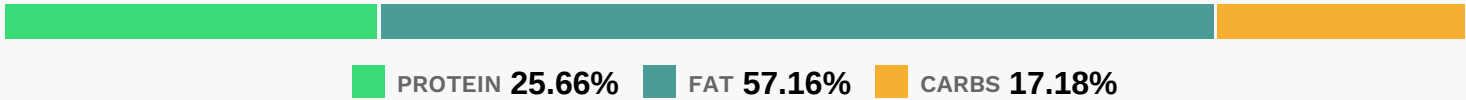
Equipment

- ☐ frying pan
- ☐ plastic wrap
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Place chicken between 2 sheets of heavy-duty plastic wrap; flatten to 1/4-inch thickness using a meat mallet or rolling pin.
- ☐ Brush buttermilk evenly over chicken.
- ☐ Combine walnuts, breadcrumbs, and salt in a shallow dish; dredge chicken in mixture.
- ☐ Pour oil into a large skillet; place over medium-high heat until hot.
- ☐ Add chicken, and cook 3 minutes on each side or until golden.
- ☐ Remove from heat; cool slightly.
- ☐ Cut chicken crosswise into thin slices.
- ☐ Combine salad greens and spinach, and arrange on each of 4 individual plates.
- ☐ Sprinkle with cheese, and top with tomato halves and chicken.
- ☐ Serve with Buttermilk-Honey Dressing on the side.

Nutrition Facts



Properties

Glycemic Index:33.82, Glycemic Load:3.72, Inflammation Score:-10, Nutrition Score:38.239999947341%

Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

Nutrients (% of daily need)

Calories: 602.24kcal (30.11%), Fat: 39.22g (60.34%), Saturated Fat: 9.61g (60.05%), Carbohydrates: 26.52g (8.84%), Net Carbohydrates: 22.8g (8.29%), Sugar: 9.86g (10.96%), Cholesterol: 100.49mg (33.5%), Sodium: 1041.96mg (45.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.62g (79.24%), Vitamin K: 162.02µg (154.3%), Vitamin A: 4167.33IU (83.35%), Manganese: 1.58mg (78.96%), Vitamin B3: 13.96mg (69.82%), Selenium: 46.46µg (66.37%), Vitamin B6: 1.21mg (60.41%), Phosphorus: 557.32mg (55.73%), Vitamin C: 39.63mg (48.03%), Folate: 142.68µg (35.67%), Copper: 0.67mg (33.38%), Magnesium: 126.47mg (31.62%), Calcium: 311.91mg (31.19%), Potassium: 1047.34mg (29.92%), Vitamin B2: 0.44mg (25.96%), Vitamin B1: 0.38mg (25.2%), Vitamin B5: 2.14mg (21.38%), Iron: 3.83mg (21.27%), Zinc: 3.07mg (20.43%), Fiber: 3.72g (14.87%), Vitamin E: 2.06mg (13.76%), Vitamin B12: 0.56µg (9.34%), Vitamin D: 0.43µg (2.86%)