



## Warm chicken salad

READY IN



20 min.

SERVINGS



2

CALORIES



716 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 chicken breast cut into bite-size pieces
- ☐ 0.5 small crusty baguette cut into bite-size pieces
- ☐ 4 tbsp olive oil
- ☐ 1 tbsp balsamic vinegar
- ☐ 150 g the salad mixed
- ☐ 250 g beets cooked cut into bite-size pieces
- ☐ 100 g goat cheese

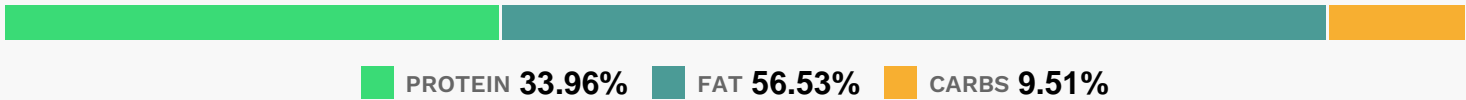
## Equipment

- ☐ oven
- ☐ whisk

## Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Spread the chunks of chicken and baguette over a shallow roasting tray.
- ☐ Drizzle with 2 tbsp olive oil and toss to coat. Season, then put in the oven for 15 mins until the chicken is cooked through and the bread is golden and crisp.
- ☐ Whisk together the remaining olive oil and balsamic vinegar to make a dressing. Split the bag of leaves between two serving plates, add the beetroot, then scatter the cheese over. Toss with the warm chicken and bread, drizzle with the dressing, then serve straight away.

## Nutrition Facts



## Properties

Glycemic Index:92.88, Glycemic Load:6.91, Inflammation Score:-9, Nutrition Score:35.081304208092%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 716.42kcal (35.82%), Fat: 44.73g (68.81%), Saturated Fat: 12.49g (78.05%), Carbohydrates: 16.93g (5.64%), Net Carbohydrates: 13.38g (4.86%), Sugar: 10.21g (11.34%), Cholesterol: 167.64mg (55.88%), Sodium: 581.01mg (25.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 60.47g (120.93%), Vitamin B3: 24.73mg (123.65%), Selenium: 75.32µg (107.61%), Vitamin B6: 1.96mg (98.2%), Phosphorus: 685.74mg (68.57%), Folate: 181.71µg (45.43%), Potassium: 1396.79mg (39.91%), Vitamin B5: 3.85mg (38.54%), Vitamin C: 26.24mg (31.8%), Manganese: 0.63mg (31.37%), Vitamin E: 4.61mg (30.72%), Vitamin B2: 0.51mg (30.09%), Vitamin A: 1477.55IU (29.55%), Copper: 0.56mg (28.17%), Magnesium: 105.37mg (26.34%), Iron: 3.56mg (19.77%), Vitamin K: 18.53µg (17.65%), Vitamin B1: 0.26mg (17.03%), Zinc: 2.39mg (15.95%), Fiber: 3.55g (14.21%), Calcium: 116.11mg (11.61%), Vitamin B12: 0.55µg (9.12%), Vitamin D: 0.43µg (2.84%)