



HEALTH SCORE

53%

Warm Chicken Spinach Salad



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



188 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 1 tablespoon cooking oil
- ☐ 0.5 teaspoon rosemary dried crushed
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon lemon-pepper seasoning
- ☐ 2 cups torn leaf lettuce
- ☐ 1 medium onion red thinly sliced
- ☐ 2 pasilla peppers sweet green red cut into bite-sized strips

- ☐ 12 ounces chicken breasts boneless skinless
- ☐ 6 cups torn spinach
- ☐ 2 tablespoons water

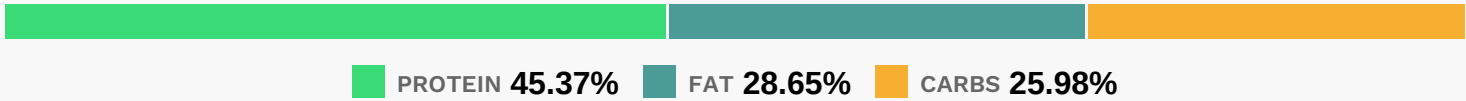
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ In a large salad bowl, combine spinach, leaf lettuce, sliced red onion, and pepper strips. Cover and chill salad up to 2 hours. 2
- ☐ Cut chicken into bite-sized strips. Toss chicken with rosemary and lemon-pepper seasoning. In a wok or 10-inch skillet stir-fry chicken strips and garlic in hot oil over medium-high heat for 2 to 3 minutes or until chicken is tender and no longer pink.
- ☐ Remove chicken from skillet.
- ☐ Add to salad mixture. 3 For dressing, add vinegar and water to skillet, stirring to scrape up any browned bits.
- ☐ Pour dressing over salad. Toss gently to mix.
- ☐ Transfer to individual salad plates.
- ☐ Garnish with fresh rosemary, if desired.

Nutrition Facts



Properties

Glycemic Index:62.75, Glycemic Load:1.73, Inflammation Score:-10, Nutrition Score:31.452608805636%

Flavonoids

Luteolin: 3.14mg, Luteolin: 3.14mg, Luteolin: 3.14mg, Luteolin: 3.14mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 3.09mg, Kaempferol: 3.09mg, Kaempferol: 3.09mg, Kaempferol: 3.09mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 8.7mg,

Quercetin: 8.7mg, Quercetin: 8.7mg, Quercetin: 8.7mg

Nutrients (% of daily need)

Calories: 187.72kcal (9.39%), Fat: 6.02g (9.26%), Saturated Fat: 0.82g (5.12%), Carbohydrates: 12.29g (4.1%), Net Carbohydrates: 8.55g (3.11%), Sugar: 5.17g (5.75%), Cholesterol: 54.43mg (18.14%), Sodium: 172.61mg (7.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.45g (42.91%), Vitamin A: 13226.18IU (264.52%), Vitamin K: 224.95µg (214.24%), Vitamin C: 85.07mg (103.12%), Vitamin B6: 1.02mg (50.98%), Vitamin B3: 10mg (49.98%), Manganese: 0.93mg (46.72%), Selenium: 28.63µg (40.9%), Folate: 146.93µg (36.73%), Potassium: 954.95mg (27.28%), Phosphorus: 257.9mg (25.79%), Magnesium: 83.42mg (20.85%), Vitamin B2: 0.31mg (18.46%), Vitamin B1: 0.26mg (17.08%), Iron: 2.96mg (16.43%), Vitamin E: 2.27mg (15.14%), Fiber: 3.74g (14.95%), Vitamin B5: 1.34mg (13.42%), Calcium: 108.67mg (10.87%), Zinc: 1.11mg (7.41%), Copper: 0.14mg (7.02%), Vitamin B12: 0.17µg (2.83%)