

health-score 77%

HEALTH SCORE

Warm Chopped Chicken Picatta Spinach Salad

 Gluten Free  Very Healthy

READY IN

ready

25 min.

SERVINGS

servings

4

CALORIES

calories

339 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 3 tablespoons capers chopped
- ☐ 1 pound chicken breast cutlets
- ☐ 0.5 cup cooking wine dry white
- ☐ 3 cloves garlic chopped
- ☐ 1 juice of lemon juiced
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 4 servings salt and pepper

- ☐ 2 shallots chopped
- ☐ 2 pounds triple spinach washed coarsely chopped

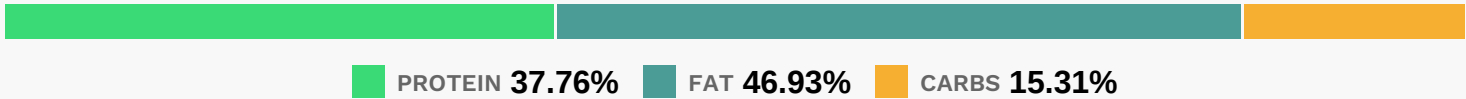
Equipment

- ☐ frying pan

Directions

- ☐ Season the chicken with salt and pepper on both sides.
- ☐ Heat a large nonstick skillet with 2 tablespoon extra-virgin olive oil, 2 turns of the pan, over medium-high heat. When oil ripples, add chicken and cook 3 minutes on each side then remove and let meat rest and cool.
- ☐ To the same skillet, add another tablespoon extra-virgin olive oil, 1 turn of the pan, and the butter. Melt butter into extra-virgin olive oil and add the shallots, garlic and capers.
- ☐ Saute 5 minutes then add white wine and reduce 30 seconds. Next, add the juice of 1 lemon and immediately add the spinach – mound up the pan. You will not be able to fit it all in there. Keep turning the spinach and wilting it down until you get it all in there then turn the heat off. Keep some leaves still a bit crisp to vary textures in your salad. Season the spinach with salt and pepper. Chop chicken into little bits and add to the warm salad. Toss to distribute and serve.

Nutrition Facts



Properties

Glycemic Index:39.25, Glycemic Load:1.88, Inflammation Score:-10, Nutrition Score:45.840434561605%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.69mg, Luteolin: 1.69mg, Luteolin: 1.69mg, Luteolin: 1.69mg Kaempferol: 22.36mg, Kaempferol: 22.36mg, Kaempferol: 22.36mg, Kaempferol: 22.36mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg

0.83mg Quercetin: 19.44mg, Quercetin: 19.44mg, Quercetin: 19.44mg, Quercetin: 19.44mg

Nutrients (% of daily need)

Calories: 339.33kcal (16.97%), Fat: 17.25g (26.54%), Saturated Fat: 4.05g (25.34%), Carbohydrates: 12.67g (4.22%), Net Carbohydrates: 7.02g (2.55%), Sugar: 2.46g (2.74%), Cholesterol: 80.1mg (26.7%), Sodium: 696.81mg (30.3%), Alcohol: 3.09g (100%), Alcohol %: 0.95% (100%), Protein: 31.24g (62.47%), Vitamin K: 1103.95µg (1051.38%), Vitamin A: 21397.59IU (427.95%), Folate: 452.12µg (113.03%), Manganese: 2.17mg (108.33%), Vitamin C: 69.95mg (84.79%), Vitamin B6: 1.38mg (69.13%), Vitamin B3: 13.59mg (67.95%), Selenium: 39.17µg (55.96%), Magnesium: 217.35mg (54.34%), Potassium: 1768.28mg (50.52%), Vitamin E: 6.48mg (43.22%), Iron: 7mg (38.9%), Phosphorus: 367.65mg (36.76%), Vitamin B2: 0.56mg (33.07%), Calcium: 245.51mg (24.55%), Fiber: 5.65g (22.61%), Vitamin B5: 1.84mg (18.42%), Copper: 0.37mg (18.41%), Vitamin B1: 0.27mg (17.74%), Zinc: 2mg (13.32%), Vitamin B12: 0.23µg (3.88%)