



Wilted Spinach Salad with Chicken and Mandarin Oranges

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



401 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 5 oz baby spinach
- ☐ 0.5 cup roasted peanuts dry chopped
- ☐ 11 oz mandarin oranges drained canned
- ☐ 1 small onion red sliced
- ☐ 0.3 cup red wine vinegar
- ☐ 4 servings salt and pepper
- ☐ 4 chicken breast halves boneless skinless

- ☐ 2 tablespoons butter unsalted
- ☐ 2 tablespoons vegetable oil

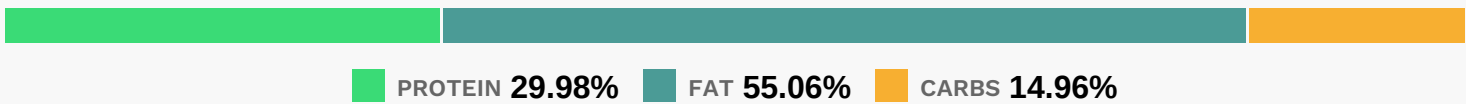
Equipment

- ☐ frying pan
- ☐ aluminum foil

Directions

- ☐ Season chicken with salt and pepper. Melt 1 Tbsp. butter with 1 Tbsp. oil in a large skillet over medium-high heat.
- ☐ Add two chicken breast halves; cook until no longer pink in center, about 3 minutes per side.
- ☐ Remove to a plate; cover with foil. Repeat with remaining butter, oil and chicken.
- ☐ Pour out all but 1 Tbsp. fat from skillet. Saut onion for 3 minutes.
- ☐ Add vinegar, raise heat to high and boil until reduced, about 2 minutes. Reduce heat to medium-low; add spinach and mandarin oranges. Saut until spinach has wilted, about 1 minute. Season with salt and pepper.
- ☐ Slice chicken. Divide spinach mixture among 4 plates.
- ☐ Serve with chicken and top with peanuts.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.73, Inflammation Score:-10, Nutrition Score:30.43173936139%

Flavonoids

Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 2.44mg, Kaempferol: 2.44mg, Kaempferol: 2.44mg, Kaempferol: 2.44mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 6.99mg, Quercetin: 6.99mg, Quercetin: 6.99mg, Quercetin: 6.99mg

Nutrients (% of daily need)

Calories: 400.8kcal (20.04%), Fat: 24.92g (38.34%), Saturated Fat: 6.76g (42.24%), Carbohydrates: 15.23g (5.08%), Net Carbohydrates: 11.47g (4.17%), Sugar: 8.67g (9.63%), Cholesterol: 87.37mg (29.12%), Sodium: 436.7mg (18.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.53g (61.06%), Vitamin K: 184.49µg (175.71%), Vitamin A: 4555.15IU (91.1%), Vitamin B3: 15.12mg (75.62%), Selenium: 38.78µg (55.4%), Vitamin B6: 1.07mg (53.48%), Vitamin C: 39.85mg (48.31%), Manganese: 0.77mg (38.43%), Phosphorus: 342.15mg (34.22%), Magnesium: 102.82mg (25.7%), Potassium: 888.44mg (25.38%), Folate: 100.79µg (25.2%), Vitamin B5: 1.94mg (19.36%), Vitamin E: 2.7mg (18%), Fiber: 3.76g (15.03%), Vitamin B2: 0.25mg (14.76%), Vitamin B1: 0.21mg (14%), Zinc: 1.83mg (12.23%), Iron: 2.01mg (11.19%), Copper: 0.2mg (10.11%), Calcium: 69.98mg (7%), Vitamin B12: 0.24µg (3.96%), Vitamin D: 0.22µg (1.45%)