



## Apricot Salsa Grilled Chicken Salad

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



4

CALORIES



322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.7 cup orange juice
- 0.5 cup apricot dried chopped
- 2 tablespoons apricot preserves
- 1 tablespoon vegetable oil
- 0.8 cup bell pepper red chopped
- 2 tablespoons cilantro leaves fresh chopped
- 2 tablespoons spring onion sliced
- 1 teaspoon orange zest grated

- 1.3 lb chicken breast boneless skinless
- 1 tablespoon vegetable oil
- 0.5 teaspoon garlic salt
- 6 cups the salad mixed

## Equipment

- bowl
- sauce pan
- grill

## Directions

- Reserve 2 tablespoons of the orange juice; set aside. In 1-quart saucepan, heat apricots and remaining orange juice to boiling; reduce heat. Simmer uncovered 3 to 5 minutes or until most of the orange juice is absorbed. Cool 15 minutes. In small bowl, mix reserved 2 tablespoons orange juice, the preserves and oil. Stir in apricot mixture and remaining salsa ingredients.
- Heat gas or charcoal grill.
- Brush chicken with oil; sprinkle with garlic salt.
- Place chicken on grill. Cover grill; cook over medium heat 15 to 20 minutes, turning once, until juice of chicken is clear when center of thickest part is cut (170°F).
- Cut chicken into 1/2-inch slices.
- Divide salad greens among 4 plates. Top with chicken and salsa.

## Nutrition Facts

**PROTEIN 39.5%** **FAT 29.88%** **CARBS 30.62%**

## Properties

Glycemic Index:45.35, Glycemic Load:5.59, Inflammation Score:-9, Nutrition Score:24.766521617122%

## Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg Naringenin:

0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

## **Nutrients (% of daily need)**

Calories: 322.02kcal (16.1%), Fat: 10.79g (16.6%), Saturated Fat: 1.88g (11.74%), Carbohydrates: 24.88g (8.29%), Net Carbohydrates: 22.86g (8.31%), Sugar: 17.73g (19.71%), Cholesterol: 90.72mg (30.24%), Sodium: 478.45mg (20.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.1g (64.19%), Vitamin C: 74.39mg (90.17%), Vitamin B3: 16mg (80%), Selenium: 46.25µg (66.07%), Vitamin B6: 1.24mg (61.79%), Vitamin A: 2333.17IU (46.66%), Phosphorus: 348.51mg (34.85%), Potassium: 975.92mg (27.88%), Vitamin B5: 2.35mg (23.51%), Vitamin K: 21.53µg (20.51%), Magnesium: 57.72mg (14.43%), Folate: 57.04µg (14.26%), Vitamin E: 2.02mg (13.49%), Vitamin B2: 0.23mg (13.25%), Vitamin B1: 0.17mg (11.06%), Manganese: 0.2mg (9.76%), Iron: 1.64mg (9.12%), Fiber: 2.02g (8.09%), Copper: 0.16mg (8.03%), Zinc: 1.12mg (7.48%), Vitamin B12: 0.28µg (4.72%), Calcium: 35.61mg (3.56%)