



Balsamic chicken & peach salad



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



46 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tbsp balsamic vinegar
- ☐ 4 fillet chicken breasts boneless skinless (500g 1lb 2oz total weight)
- ☐ 2 peaches ripe
- ☐ 100 g baby spinach leaves
- ☐ 1 handful basil leaves

Equipment

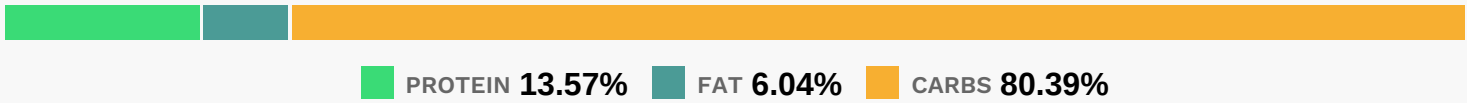
- ☐ bowl
- ☐ grill

☐ aluminum foil

Directions

- ☐ Preheat the grill to medium and line the rack with foil. Measure 1 tbsp of the vinegar into a shallow dish with 1 tbsp olive oil and a good shake of salt and pepper.
- ☐ Add the chicken fillets and turn them in the dressing until they are well coated.
- ☐ Put the chicken in one layer on the foil-lined rack and grill for 10–12 minutes, then turn them and grill for a further 10–12 minutes until the chicken is cooked through, glossy and deep brown in colour.
- ☐ Halve the peaches, remove the stones and slice fairly thickly.
- ☐ Spread the spinach leaves over a serving platter. Slice the cooked chicken and scatter it over the spinach leaves along with the peaches and half the basil leaves. Shred the remaining basil and mix in a small bowl with the remaining balsamic vinegar, 2 tbsp olive oil and some salt and pepper.
- ☐ Drizzle over the salad and serve.

Nutrition Facts



Properties

Glycemic Index:48.06, Glycemic Load:3.4, Inflammation Score:-9, Nutrition Score:11.236087033606%

Flavonoids

Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 1.76mg, Kaempferol: 1.76mg, Kaempferol: 1.76mg, Kaempferol: 1.76mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 45.54kcal (2.28%), Fat: 0.33g (0.51%), Saturated Fat: 0.04g (0.22%), Carbohydrates: 9.86g (3.29%), Net Carbohydrates: 8.18g (2.97%), Sugar: 7.59g (8.44%), Cholesterol: 0.64mg (0.21%), Sodium: 32.52mg (1.41%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.66g (3.33%), Vitamin K: 125.08µg (119.12%), Vitamin A: 2615.43IU (52.31%), Manganese: 0.29mg (14.32%), Folate: 53.38µg (13.35%), Vitamin C: 10.2mg (12.37%), Vitamin E: 1.06mg (7.07%), Potassium: 245.13mg (7%), Magnesium: 27.29mg (6.82%), Fiber: 1.68g (6.73%), Iron: 1.01mg (5.61%), Copper: 0.1mg (4.76%), Vitamin B3: 0.89mg (4.47%), Vitamin B2: 0.07mg (4.23%), Vitamin B6: 0.08mg (3.79%), Phosphorus: 32.65mg (3.26%), Calcium: 30.84mg (3.08%), Selenium: 2.15µg (3.07%), Vitamin B1: 0.04mg (2.55%), Zinc: 0.32mg (2.14%), Vitamin B5: 0.15mg (1.46%)