



Balsamic Chicken Salad

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



656 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pint cherry tomatoes cut into quarters
- ☐ 8 chicken tenderloins
- ☐ 0.3 cup basil leaves fresh sliced
- ☐ 2 green onions sliced
- ☐ 6 ounce portobello mushroom caps sliced
- ☐ 2 hearts of romaine lettuce chopped
- ☐ 1 cup mozzarella cheese shredded
- ☐ 16 ounce balsamic vinaigrette salad dressing light divided own® lighten up® such as Newman's Balsamic Vinaigrette Dressing

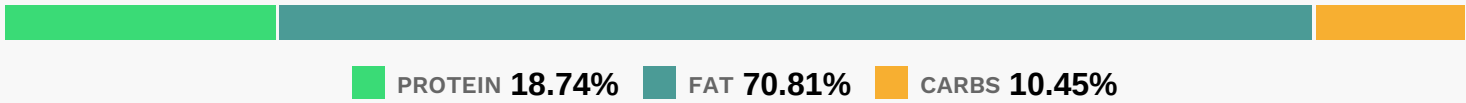
Equipment

- ☐ bowl
- ☐ oven
- ☐ broiler

Directions

- ☐ Combine 1/3 bottle of balsamic vinaigrette dressing with the chicken tenders in a bowl. Toss together sliced mushrooms with 1/3 bottle of dressing in a separate bowl. Reserve the remaining 1/3 bottle. Allow the chicken tenders and mushrooms to marinate for at least 30 minutes.
- ☐ Preheat the oven's broiler, and set the oven rack about 6 inches from the heat source.
- ☐ Remove the chicken tenders and mushrooms from the marinade, and drain off the excess. Broil the chicken and mushrooms until the chicken is browned and cooked through, 5 to 8 minutes.
- ☐ Remove the chicken and mushrooms from the heat, and slice the chicken tenders into bite-sized pieces.
- ☐ To serve, divide the chopped romaine lettuce between four plates, and top each with broiled chicken and mushrooms.
- ☐ Sprinkle each plate with cherry tomatoes, mozzarella cheese, and sliced basil leaves; serve with the remaining vinaigrette dressing.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:0.27, Inflammation Score:-10, Nutrition Score:28.893478424653%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 656.32kcal (32.82%), Fat: 50.9g (78.31%), Saturated Fat: 8.09g (50.58%), Carbohydrates: 16.89g (5.63%), Net Carbohydrates: 14.15g (5.14%), Sugar: 8.89g (9.88%), Cholesterol: 86.12mg (28.71%), Sodium: 1334.52mg (58.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.31g (60.62%), Vitamin A: 5857.83IU (117.16%), Vitamin K: 80.71µg (76.87%), Vitamin B3: 13.22mg (66.11%), Selenium: 45.53µg (65.04%), Vitamin B6: 0.96mg (48.18%), Phosphorus: 408.18mg (40.82%), Vitamin C: 31.83mg (38.58%), Folate: 114.94µg (28.74%), Potassium: 964.49mg (27.56%), Vitamin B5: 2.19mg (21.9%), Calcium: 197.64mg (19.76%), Vitamin B2: 0.3mg (17.9%), Manganese: 0.29mg (14.57%), Vitamin B12: 0.86µg (14.33%), Copper: 0.28mg (13.91%), Magnesium: 52.32mg (13.08%), Zinc: 1.95mg (13.03%), Vitamin B1: 0.18mg (12.3%), Iron: 2.11mg (11.74%), Fiber: 2.75g (10.99%), Vitamin E: 1.03mg (6.88%), Vitamin D: 0.34µg (2.26%)