



Balsamic Chicken Salad

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 0.3 cup basil roughly chopped
- ☐ 2 cups cherry tomatoes halved
- ☐ 12 oz fennel bulb sliced
- ☐ 6 ounces mozzarella fresh cut into 1/4-inch pieces
- ☐ 2 oz kalamata olives pitted sliced in half lengthwise
- ☐ 5 oz the salad mixed
- ☐ 0.3 cup olive oil extra virgin extra-virgin

- ☐ 2 lb rotisserie chicken cut
- ☐ 8 servings salt and pepper
- ☐ 1.5 teaspoons sugar
- ☐ 18 oz zucchini cut lengthwise into 1/4-inch-thick slices

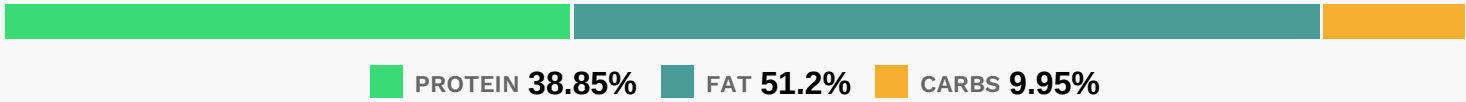
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Preheat grill to high. Toss sliced zucchini and fennel in 1 Tbsp. olive oil and season with salt and pepper. Grill (in batches, if necessary) until just tender, 2 to 3 minutes per side for zucchini, 3 to 4 minutes per side for fennel.
- ☐ Remove from grill and let cool slightly.
- ☐ Cut crosswise into 1/2-inch pieces.
- ☐ Remove skin from chicken, pull meat from bones and shred meat. In a large bowl, mix chicken with salad greens and grilled vegetables. Toss in tomatoes, olives, mozzarella and basil.
- ☐ In another bowl, mix vinegar, sugar and 1/4 tsp. each salt and pepper. Stir to dissolve sugar.
- ☐ Add remaining 3 Tbsp. olive oil, whisking to combine.
- ☐ Drizzle vinaigrette over salad, toss and serve.

Nutrition Facts



Properties

Glycemic Index:34.64, Glycemic Load:2.17, Inflammation Score:-6, Nutrition Score:10.844347759433%

Flavonoids

Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg

0.05mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 384.35kcal (19.22%), Fat: 22.2g (34.16%), Saturated Fat: 6.43g (40.2%), Carbohydrates: 9.7g (3.23%), Net Carbohydrates: 7.24g (2.63%), Sugar: 6.12g (6.8%), Cholesterol: 125.66mg (41.89%), Sodium: 868.64mg (37.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.91g (75.81%), Vitamin K: 39.29µg (37.42%), Vitamin C: 29.3mg (35.52%), Vitamin A: 792.33IU (15.85%), Calcium: 152.09mg (15.21%), Manganese: 0.29mg (14.28%), Phosphorus: 140.09mg (14.01%), Potassium: 483.14mg (13.8%), Vitamin E: 1.82mg (12.15%), Folate: 40.57µg (10.14%), Fiber: 2.47g (9.87%), Vitamin B6: 0.18mg (8.96%), Vitamin B2: 0.15mg (8.95%), Vitamin B12: 0.48µg (8.08%), Magnesium: 30.41mg (7.6%), Zinc: 1.02mg (6.77%), Iron: 1.15mg (6.41%), Selenium: 4.37µg (6.24%), Copper: 0.12mg (5.76%), Vitamin B3: 0.9mg (4.52%), Vitamin B1: 0.06mg (3.99%), Vitamin B5: 0.33mg (3.32%)