



Balsamic Grilled Chicken with Fresh Tomato Salsa

 Gluten Free  Dairy Free  Low Fod Map

READY IN



95 min.

SERVINGS



4

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup balsamic vinaigrette
- 1 teaspoon seasoning italian
- 1 lb chicken breast boneless skinless
- 2 cups plum tomatoes chopped (Roma)
- 2 teaspoons olive oil
- 0.5 teaspoon seasoning italian
- 0.3 teaspoon salt

0.3 teaspoon pepper

Equipment

bowl

grill

ziploc bags

Directions

In large resealable food storage plastic bag, mix dressing and 1 teaspoon Italian seasoning.

Add chicken; turn to coat with marinade. Seal bag and refrigerate, turning chicken occasionally, at least 1 hour but no longer than 24 hours.

Heat coals or gas grill for direct heat.

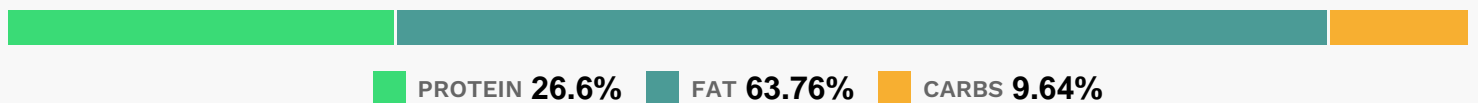
Remove chicken from marinade; reserve marinade.

Place chicken on grill over medium heat. Cover grill; cook 10 to 12 minutes, turning halfway through grilling and brushing with marinade from plastic bag, until juice is clear when center of thickest part is cut (165°F).

In medium bowl, stir together tomatoes, olive oil, 1/2 teaspoon Italian seasoning, salt and pepper.

Serve chicken topped with fresh tomato salsa.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:1.23, Inflammation Score:-7, Nutrition Score:15.997391389764%

Flavonoids

Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 386.88kcal (19.34%), Fat: 26.85g (41.3%), Saturated Fat: 2.93g (18.31%), Carbohydrates: 9.13g (3.04%), Net Carbohydrates: 7.36g (2.68%), Sugar: 5.11g (5.67%), Cholesterol: 72.57mg (24.19%), Sodium: 814.05mg (35.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.2g (50.39%), Vitamin B3: 12.57mg (62.83%), Selenium: 36.33µg (51.9%), Vitamin B6: 0.95mg (47.61%), Phosphorus: 267.83mg (26.78%), Vitamin C: 17.58mg (21.31%), Vitamin A: 1032.85IU (20.66%), Potassium: 711.09mg (20.32%), Vitamin B5: 1.73mg (17.3%), Vitamin K: 15.64µg (14.9%), Magnesium: 44.74mg (11.18%), Manganese: 0.21mg (10.28%), Vitamin E: 1.28mg (8.54%), Vitamin B2: 0.14mg (8.24%), Vitamin B1: 0.12mg (7.85%), Fiber: 1.77g (7.08%), Folate: 24.08µg (6.02%), Zinc: 0.88mg (5.87%), Iron: 1.04mg (5.78%), Copper: 0.11mg (5.35%), Vitamin B12: 0.23µg (3.78%), Calcium: 36.03mg (3.6%)