



Barbecue Chicken and Grape Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



276 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 teaspoon ancho chili powder
- ☐ 0.7 cup celery coarsely chopped
- ☐ 0.8 cup grapes green seedless halved
- ☐ 0.3 cup mayonnaise low-fat
- ☐ 1 teaspoon olive oil
- ☐ 1 teaspoon onion powder
- ☐ 1 tablespoon orange juice fresh
- ☐ 1 teaspoon paprika

- ☐ 0.8 cup grapes red seedless halved
- ☐ 0.5 cup onion red thinly sliced
- ☐ 1 tablespoon red wine vinegar
- ☐ 0.8 teaspoon salt divided
- ☐ 1 pound chicken breast halves boneless skinless
- ☐ 0.3 cup walnuts toasted coarsely chopped

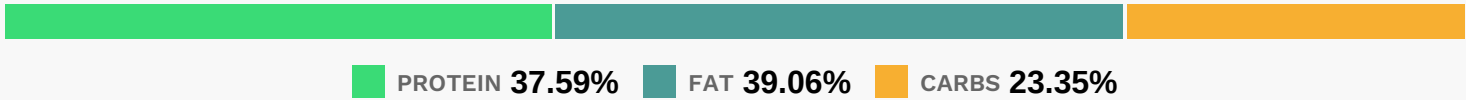
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 35
- ☐ Combine onion powder, paprika, chili powder, and 1/2 teaspoon salt; sprinkle over chicken.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add the chicken, and saut 2 minutes on each side or until browned. Wrap handle of skillet in foil; bake at 350 for 10 minutes or until done.
- ☐ Remove from pan; refrigerate until chilled. Chop into bite-sized pieces.
- ☐ Combine 1/4 teaspoon salt, green grapes, and next 6 ingredients (green grapes through orange juice) in a large bowl.
- ☐ Add chopped chicken, and toss to coat.
- ☐ Sprinkle salad with walnuts.

Nutrition Facts



Properties

Glycemic Index:59.5, Glycemic Load:5.31, Inflammation Score:-6, Nutrition Score:16.679130523101%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg

Nutrients (% of daily need)

Calories: 275.84kcal (13.79%), Fat: 12.1g (18.62%), Saturated Fat: 1.78g (11.15%), Carbohydrates: 16.28g (5.43%), Net Carbohydrates: 14.24g (5.18%), Sugar: 11.02g (12.24%), Cholesterol: 74.81mg (24.94%), Sodium: 708.16mg (30.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.2g (52.41%), Vitamin B3: 12.22mg (61.11%), Selenium: 37.44µg (53.49%), Vitamin B6: 1mg (50.03%), Phosphorus: 292.4mg (29.24%), Vitamin K: 22.78µg (21.69%), Potassium: 673.42mg (19.24%), Manganese: 0.38mg (18.87%), Vitamin B5: 1.79mg (17.89%), Magnesium: 51.96mg (12.99%), Copper: 0.25mg (12.46%), Vitamin B2: 0.19mg (11.27%), Vitamin A: 561.66IU (11.23%), Vitamin B1: 0.16mg (10.63%), Vitamin C: 7.54mg (9.14%), Fiber: 2.04g (8.17%), Vitamin E: 1.21mg (8.09%), Zinc: 1.06mg (7.05%), Iron: 1.18mg (6.54%), Folate: 25.23µg (6.31%), Vitamin B12: 0.23µg (3.78%), Calcium: 36.36mg (3.64%)