



## BBQ Chicken & Fresh Strawberry Salad

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



48 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 cup original barbecue sauce divided kraft
- 0.5 cup lite ranch dressing kraft
- 0.5 cup onions red sliced
- 10 oz torn salad greens mixed
- 1 lb chicken breasts boneless skinless
- 2 cups strawberries fresh cut in half

### Equipment

- grill

## Directions

- Heat greased grill to medium-high heat.
- Grill chicken 6 min. on each side.
- Brush with 1/4 cup barbecue sauce; grill 1 to 2 min. or until done (165F), turning and brushing occasionally with remaining barbecue sauce.
- Cover plate with salad greens; top with strawberries and onions. Slice chicken; place over salads.
- Drizzle with dressing.

## Nutrition Facts



## Properties

Glycemic Index:2.23, Glycemic Load:0.27, Inflammation Score:-2, Nutrition Score:2.9308695404426%

## Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 2.39mg, Pelargonidin: 2.39mg, Pelargonidin: 2.39mg, Pelargonidin: 2.39mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

## Nutrients (% of daily need)

Calories: 48.29kcal (2.41%), Fat: 2.24g (3.45%), Saturated Fat: 0.37g (2.31%), Carbohydrates: 3.47g (1.16%), Net Carbohydrates: 3.19g (1.16%), Sugar: 2.35g (2.61%), Cholesterol: 10.72mg (3.57%), Sodium: 105.34mg (4.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.51g (7.03%), Vitamin C: 8.24mg (9.99%), Vitamin B3: 1.7mg (8.5%), Selenium: 5.13µg (7.33%), Vitamin B6: 0.13mg (6.66%), Vitamin K: 5.7µg (5.43%), Phosphorus: 46.91mg (4.69%), Manganese: 0.06mg (3.22%), Potassium: 104.4mg (2.98%), Vitamin B5: 0.28mg (2.82%), Vitamin A: 125.29IU (2.51%), Magnesium: 7.3mg (1.83%), Folate: 7.17µg (1.79%), Vitamin B2: 0.03mg (1.7%), Vitamin E: 0.18mg

(1.23%), Vitamin B1: 0.02mg (1.18%), Iron: 0.2mg (1.13%), Fiber: 0.28g (1.12%)