



Blueberry-Balsamic Grilled Chicken Salad

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



30

CALORIES



63 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup balsamic vinaigrette dressing divided kraft
- 1 cup blueberries fresh
- 0.3 cup basil fresh sliced
- 3 Tbsp mayo with olive oil reduced fat mayonnaise kraft
- 0.5 cup pinenuts toasted
- 1 bell pepper red cut into thin strips, then cut crosswise in half
- 0.3 cup onion red separated thin
- 10 oz torn salad greens mixed

1 lb chicken breasts boneless skinless

Equipment

bowl

whisk

grill

Directions

Heat grill to medium-high heat.

Pour 1/4 cup dressing over chicken in shallow dish; turn to evenly coat both sides of each breast. Refrigerate 10 min. to marinate. Meanwhile, cover 4 large plates with salad greens; top with peppers, blueberries and onions. Gradually whisk remaining dressing into mayo in bowl until blended. Refrigerate salads and mayo mixture until ready to use.

Remove chicken from marinade; discard marinade. Grill chicken 6 to 8 min. on each side or until done (165F).

Cut chicken into thin slices.

Drizzle mayo mixture over salads; top with chicken, nuts and basil.

Nutrition Facts



Properties

Glycemic Index:5.63, Glycemic Load:0.33, Inflammation Score:-3, Nutrition Score:3.6026087238089%

Flavonoids

Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg Petunidin: 1.56mg, Petunidin: 1.56mg, Petunidin: 1.56mg, Petunidin: 1.56mg Delphinidin: 1.75mg, Delphinidin: 1.75mg, Delphinidin: 1.75mg, Delphinidin: 1.75mg Malvidin: 3.33mg, Malvidin: 3.33mg, Malvidin: 3.33mg, Malvidin: 3.33mg Peonidin: 1mg, Peonidin: 1mg, Peonidin: 1mg, Peonidin: 1mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.75mg, Quercetin:

0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin:
0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 63.46kcal (3.17%), Fat: 4.44g (6.84%), Saturated Fat: 0.45g (2.79%), Carbohydrates: 2.25g (0.75%), Net
Carbohydrates: 1.93g (0.7%), Sugar: 1.06g (1.18%), Cholesterol: 9.9mg (3.3%), Sodium: 85.01mg (3.7%), Alcohol: 0g
(100%), Alcohol %: 0% (100%), Protein: 3.74g (7.49%), Manganese: 0.24mg (12%), Vitamin C: 8.12mg (9.84%),
Vitamin B3: 1.79mg (8.96%), Selenium: 4.95µg (7.07%), Vitamin B6: 0.14mg (6.98%), Phosphorus: 50.84mg (5.08%),
Vitamin A: 250.96IU (5.02%), Vitamin K: 3.98µg (3.79%), Magnesium: 11.72mg (2.93%), Potassium: 101.42mg (2.9%),
Vitamin B5: 0.26mg (2.56%), Vitamin E: 0.36mg (2.41%), Copper: 0.04mg (2.19%), Folate: 7.52µg (1.88%), Zinc:
0.28mg (1.84%), Vitamin B2: 0.03mg (1.82%), Vitamin B1: 0.03mg (1.71%), Iron: 0.28mg (1.57%), Fiber: 0.32g (1.27%)