



Chicken-Blueberry Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



250 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup blueberries fresh
- ☐ 1 cup carrots shredded
- ☐ 1 rib celery chopped
- ☐ 3 skinned and boned chicken breast halves
- ☐ 2 teaspoons ginger fresh minced
- ☐ 1 garlic clove minced
- ☐ 3 tablespoons olive oil
- ☐ 0.5 teaspoon pepper

- ☐ 0.5 cup bell pepper red chopped
- ☐ 0.5 cup rice wine vinegar
- ☐ 4 cups torn salad greens mixed
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup onion diced sweet

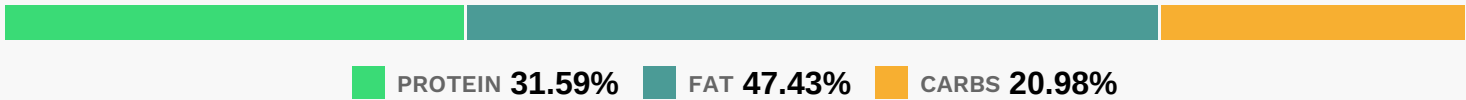
Equipment

- ☐ whisk
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Whisk together first 6 ingredients. Reserve half of mixture, and chill.
- ☐ Place chicken in a shallow dish or heavy-duty zip-top plastic bag; pour remaining mixture over chicken. Cover or seal, and chill at least 1 hour.
- ☐ Remove chicken from marinade; discard marinade. Grill over medium-high heat (350 to 400 degrees F) for 4 to 5 minutes on each side or until done.
- ☐ Cut into thin slices.
- ☐ Combine celery and next 3 ingredients; add reserved dressing, tossing to coat.
- ☐ Place chicken over greens. Top with celery mixture; sprinkle with berries.

Nutrition Facts



Properties

Glycemic Index:69.46, Glycemic Load:3.17, Inflammation Score:-10, Nutrition Score:19.737391267134%

Flavonoids

Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg

7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg
Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg
Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epigallocatechin 3–gallate:
0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate:
0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.24mg, Luteolin:
0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg,
Kaempferol: 0.93mg Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg Quercetin:
5.87mg, Quercetin: 5.87mg, Quercetin: 5.87mg, Quercetin: 5.87mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg,
Galocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 249.6kcal (12.48%), Fat: 13.01g (20.02%), Saturated Fat: 1.97g (12.32%), Carbohydrates: 12.96g (4.32%),
Net Carbohydrates: 10.5g (3.82%), Sugar: 7.03g (7.81%), Cholesterol: 54.24mg (18.08%), Sodium: 280.2mg (12.18%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.5g (39%), Vitamin A: 6431.63IU (128.63%), Vitamin C:
40.87mg (49.53%), Vitamin B3: 9.75mg (48.77%), Vitamin B6: 0.82mg (41.11%), Selenium: 27.75µg (39.65%),
Phosphorus: 222.68mg (22.27%), Vitamin K: 19.32µg (18.4%), Manganese: 0.34mg (17.13%), Potassium: 588.27mg
(16.81%), Vitamin E: 2.4mg (16%), Vitamin B5: 1.48mg (14.78%), Folate: 39.92µg (9.98%), Fiber: 2.46g (9.83%),
Magnesium: 37.92mg (9.48%), Vitamin B2: 0.16mg (9.42%), Vitamin B1: 0.12mg (8.09%), Iron: 1.01mg (5.61%), Zinc:
0.8mg (5.35%), Copper: 0.1mg (5.13%), Calcium: 32.35mg (3.24%), Vitamin B12: 0.17µg (2.82%)