



Chicken Paillard with Tomato and Goat Cheese Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



272 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 ounces mild goat cheese crumbled
- 1 cup grape tomatoes red halved (see Note)
- 3 tablespoons olive oil extra-virgin
- 4 servings pepper freshly ground
- 4 servings sea salt
- 4 chicken breast halves boneless skinless
- 1 cup cherry tomatoes yellow halved

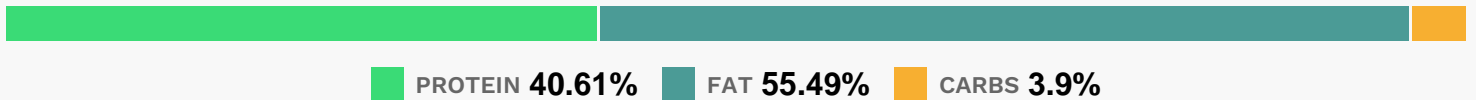
Equipment

- bowl
- whisk
- grill
- colander
- grill pan

Directions

- Put the tomatoes in a colander set over a bowl.
- Add 1/4 teaspoon of salt, toss well and let stand for 15 minutes to release the juices.
- Remove the tomatoes and whisk half the goat cheese into the tomato juices until smooth.
- Whisk in 2 tablespoons of the oil and season with pepper. Fold the tomatoes and the remaining goat cheese into the dressing.
- Light a grill or heat a grill pan.
- Brush the chicken with the remaining 1 tablespoon of oil and season with salt and pepper. Grill over a hot fire or high heat, until golden on the bottom and almost cooked through, about 5 minutes. Turn the chicken and grill for 2 minutes longer, or until cooked through.
- Transfer to dinner plates, spoon the tomato and goat cheese salad on top and serve.
- Notes: Grape tomatoes are small, oblong tomatoes with a very high sugar content. If they're unavailable, cherry tomatoes can be substituted but will add much less sweetness to the final dish.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:0.39, Inflammation Score:-5, Nutrition Score:15.013913056125%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 271.6kcal (13.58%), Fat: 16.59g (25.52%), Saturated Fat: 4.18g (26.13%), Carbohydrates: 2.62g (0.87%), Net Carbohydrates: 1.89g (0.69%), Sugar: 1.11g (1.23%), Cholesterol: 78.84mg (26.28%), Sodium: 387.69mg (16.86%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 27.32g (54.64%), Vitamin B3: 12.51mg (62.54%), Selenium: 36.71µg (52.44%), Vitamin B6: 0.93mg (46.64%), Phosphorus: 296.1mg (29.61%), Vitamin B5: 1.78mg (17.82%), Potassium: 607.65mg (17.36%), Vitamin E: 1.95mg (13.03%), Vitamin C: 9.81mg (11.89%), Vitamin B2: 0.19mg (11.27%), Magnesium: 40.39mg (10.1%), Vitamin A: 491.16IU (9.82%), Copper: 0.2mg (9.77%), Vitamin K: 9.91µg (9.44%), Vitamin B1: 0.11mg (7.43%), Manganese: 0.13mg (6.58%), Zinc: 0.96mg (6.37%), Iron: 1.04mg (5.78%), Folate: 23µg (5.75%), Vitamin B12: 0.25µg (4.22%), Calcium: 33.99mg (3.4%), Fiber: 0.73g (2.93%), Vitamin D: 0.17µg (1.13%)