



Chicken Paillards With Herb-Tomato Salad

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

READY IN



15 min.

SERVINGS



4

CALORIES



1758 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup torn basil fresh
- 4 servings pepper black freshly ground
- 4 chicken paillards (see chef's note, below)
- 3 tablespoons flat-leaf parsley fresh roughly chopped
- 3 tablespoons tarragon fresh roughly chopped
- 1 clove garlic peeled smashed
- 2 teaspoons kosher salt for seasoning
- 3 tablespoons olive oil extra-virgin for brushing

- 2 teaspoons red wine vinegar
- 1 scallion white green thinly sliced (and parts)
- 1.5 cups tomatoes red yellow cored ripe roughly chopped (1 and 1)

Equipment

- bowl
- grill

Directions

- Prepare an outdoor grill with a hot fire.
- Toss the tomatoes, garlic, scallion, the 3 tablespoons olive oil, vinegar, the 2 teaspoons salt, and black pepper to taste in a medium bowl.
- Add all the herbs to the bowl but don't toss.
- Brush the chicken paillards lightly with olive oil and season with salt and black pepper to taste. Grill the chicken, turning once, until cooked through, about 2 minutes per side. Stir the herbs into the tomatoes. Put a paillard on each of 4 plates, spoon some herb-tomato salad on top (watch out for the smashed garlic—you might want to remove it), and serve.

Nutrition Facts

PROTEIN 33.28% **FAT 65.57%** **CARBS 1.15%**

Properties

Glycemic Index:66.5, Glycemic Load:1.75, Inflammation Score:-9, Nutrition Score:47.603478224381%

Flavonoids

Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 1758.25kcal (87.91%), Fat: 125.79g (193.52%), Saturated Fat: 34.41g (215.04%), Carbohydrates: 4.97g (1.66%), Net Carbohydrates: 3.97g (1.44%), Sugar: 0.11g (0.12%), Cholesterol: 571.32mg (190.44%), Sodium: 1714.01mg (74.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 143.66g (287.32%), Vitamin B3: 52.97mg

(264.86%), Selenium: 110.27µg (157.53%), Vitamin B6: 2.84mg (141.95%), Phosphorus: 1160.46mg (116.05%), Vitamin K: 81.63µg (77.75%), Vitamin B5: 7.01mg (70.14%), Zinc: 10.4mg (69.36%), Vitamin B2: 1.02mg (59.81%), Iron: 9.2mg (51.13%), Potassium: 1769.22mg (50.55%), Magnesium: 180.69mg (45.17%), Vitamin B12: 2.36µg (39.36%), Manganese: 0.69mg (34.38%), Vitamin A: 1675.71IU (33.51%), Vitamin B1: 0.5mg (33.21%), Vitamin C: 24.66mg (29.9%), Vitamin E: 3.85mg (25.69%), Copper: 0.47mg (23.66%), Folate: 83.61µg (20.9%), Calcium: 161.94mg (16.19%), Vitamin D: 1.52µg (10.16%), Fiber: 1g (4.01%)