



## Easy Grilled Chicken Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



392 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.3 cup celery finely chopped
- 3 green onions thinly sliced
- 2 teaspoons juice of lemon fresh
- 3 tablespoons canola mayonnaise
- 1 tablespoon olive oil
- 0.3 cup pecans toasted chopped
- 0.5 teaspoon salt

- 24 ounce chicken breast halves boneless skinless
- 3 tablespoons cup heavy whipping cream light sour
- 0.3 cup cranberries dried sweetened

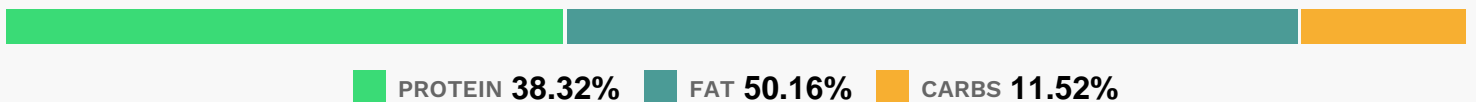
## Equipment

- bowl
- grill

## Directions

- Preheat grill to medium-high heat.
- Brush both sides of chicken evenly with oil; sprinkle with salt and pepper.
- Place chicken on a grill rack coated with cooking spray; grill 6 minutes on each side or until done.
- Let stand 10 minutes; shred.
- Place chicken in a large bowl.
- Add celery and next 3 ingredients (through green onions); toss.
- Combine sour cream and remaining ingredients, stirring well.
- Add sour cream mixture to chicken mixture; toss to coat.

## Nutrition Facts



## Properties

Glycemic Index:39, Glycemic Load:0.26, Inflammation Score:-5, Nutrition Score:21.126086862191%

## Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin:

0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

## **Nutrients (% of daily need)**

Calories: 391.91kcal (19.6%), Fat: 21.77g (33.5%), Saturated Fat: 3.71g (23.19%), Carbohydrates: 11.25g (3.75%), Net Carbohydrates: 9.62g (3.5%), Sugar: 8.07g (8.97%), Cholesterol: 116.42mg (38.81%), Sodium: 570.97mg (24.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.43g (74.85%), Vitamin B3: 17.96mg (89.81%), Selenium: 55.37µg (79.11%), Vitamin B6: 1.31mg (65.42%), Vitamin K: 42.12µg (40.11%), Phosphorus: 391.42mg (39.14%), Vitamin B5: 2.56mg (25.57%), Potassium: 736.14mg (21.03%), Manganese: 0.42mg (20.78%), Magnesium: 57.19mg (14.3%), Vitamin B2: 0.21mg (12.2%), Vitamin B1: 0.17mg (11.16%), Vitamin E: 1.58mg (10.56%), Zinc: 1.42mg (9.45%), Copper: 0.15mg (7.59%), Fiber: 1.63g (6.52%), Vitamin B12: 0.39µg (6.51%), Vitamin C: 5.14mg (6.23%), Iron: 1.07mg (5.93%), Folate: 19.15µg (4.79%), Vitamin A: 220.23IU (4.4%), Calcium: 39.03mg (3.9%), Vitamin D: 0.21µg (1.39%)