



Fast and Easy Grilled Chicken Salad with Strawberries and Pecans



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



2

CALORIES



335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 lb chicken tenderloins uncooked
- ☐ 1 serving salt and pepper
- ☐ 3 oz lettuce green
- ☐ 0.3 cup pecans
- ☐ 0.3 cup strawberries halved
- ☐ 0.3 cup balsamic vinaigrette low-fat

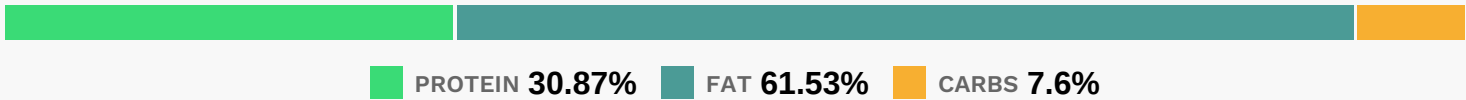
Equipment

- ☐ grill
- ☐ grill pan

Directions

- ☐ Heat gas or charcoal grill.
- ☐ Place 10-inch grill pan on grill over medium heat.
- ☐ Sprinkle chicken with salt and pepper; place in grill pan. Cook about 8 minutes, turning occasionally, until juice of chicken is clear when center of thickest part is cut (at least 165°F).
- ☐ Divide lettuce evenly between 2 serving plates. Top each with half of chicken, pecans and strawberries.
- ☐ Drizzle desired amount of vinaigrette over each.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:0.7, Inflammation Score:-5, Nutrition Score:16.04695654952%

Flavonoids

Cyanidin: 1.63mg, Cyanidin: 1.63mg, Cyanidin: 1.63mg, Cyanidin: 1.63mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.46mg, Catechin: 1.46mg, Catechin: 1.46mg, Catechin: 1.46mg Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 334.67kcal (16.73%), Fat: 22.78g (35.04%), Saturated Fat: 2.4g (15%), Carbohydrates: 6.33g (2.11%), Net Carbohydrates: 4.27g (1.55%), Sugar: 3.19g (3.55%), Cholesterol: 72.57mg (24.19%), Sodium: 498.37mg (21.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.71g (51.43%), Vitamin B3: 12.09mg (60.47%), Selenium: 36.87µg (52.67%), Vitamin B6: 0.9mg (45.08%), Manganese: 0.7mg (34.84%), Phosphorus: 285.24mg (28.52%), Vitamin B5: 1.78mg (17.84%), Vitamin C: 13.27mg (16.09%), Potassium: 557.83mg (15.94%), Magnesium: 49.78mg (12.44%), Vitamin B1: 0.18mg (11.73%), Vitamin K: 11.3µg (10.77%), Copper: 0.2mg (9.92%), Zinc: 1.31mg (8.72%), Vitamin B2: 0.14mg (8.48%), Fiber: 2.06g (8.23%), Folate: 23.91µg (5.98%), Iron: 0.98mg (5.45%), Vitamin A: 256.58IU (5.13%), Vitamin B12: 0.23µg (3.78%), Vitamin E: 0.52mg (3.45%), Calcium: 27.87mg (2.79%)