



Fennel-Pomegranate Salad With Grilled Chicken

 Gluten Free  Dairy Free

READY IN



28 min.

SERVINGS



4

CALORIES



223 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.1 teaspoon pepper black divided
- ☐ 1 medium fennel bulb thinly sliced
- ☐ 1 tablespoon mint leaves fresh very thinly sliced
- ☐ 1.5 teaspoons olive oil extra-virgin
- ☐ 0.3 cup orange juice fresh
- ☐ 1 cup orange sections
- ☐ 0.8 cup pomegranate seeds (1 pomegranate)

- ☐ 1.5 tablespoons roasted unsalted chopped
- ☐ 0.1 teaspoon salt divided
- ☐ 16 ounce chicken breast halves boneless skinless

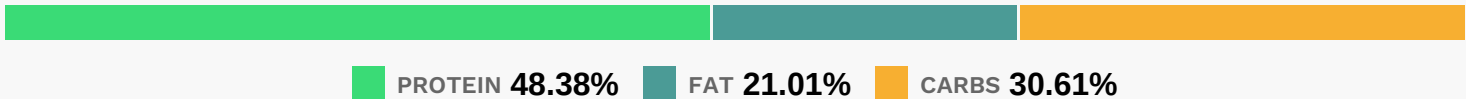
Equipment

- ☐ bowl
- ☐ grill
- ☐ grill pan

Directions

- ☐ Combine olive oil, orange juice, 1/8 teaspoon each salt and pepper in a medium bowl; add fennel. Toss to combine; cover and chill 1 hour.
- ☐ In the meantime, heat grill or grill pan to medium-high. Season chicken with the remaining 1/4 teaspoon each salt and pepper, place on grill and cook for about 45 minutes on each side, or until cooked through. Set aside and keep warm.
- ☐ Add orange sections and pomegranate seeds to fennel mixture; toss gently to combine. Top with almonds and mint.
- ☐ Serve salad with chicken breasts.

Nutrition Facts



Properties

Glycemic Index:59.63, Glycemic Load:6.76, Inflammation Score:-6, Nutrition Score:19.929999885352%

Flavonoids

Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 1.04mg, Eriodictyol: 1.04mg, Eriodictyol: 1.04mg, Eriodictyol: 1.04mg Hesperetin: 14.24mg, Hesperetin: 14.24mg, Hesperetin: 14.24mg, Hesperetin: 14.24mg Naringenin: 7.23mg, Naringenin: 7.23mg, Naringenin: 7.23mg, Naringenin: 7.23mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg

Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 222.67kcal (11.13%), Fat: 5.24g (8.06%), Saturated Fat: 1.02g (6.39%), Carbohydrates: 17.17g (5.72%), Net Carbohydrates: 12.9g (4.69%), Sugar: 12.02g (13.36%), Cholesterol: 76.07mg (25.36%), Sodium: 238.86mg (10.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.14g (54.28%), Vitamin B3: 12.82mg (64.11%), Selenium: 38.63µg (55.19%), Vitamin C: 43.6mg (52.85%), Vitamin B6: 0.98mg (48.84%), Vitamin K: 43.03µg (40.98%), Phosphorus: 300.88mg (30.09%), Potassium: 875.49mg (25.01%), Vitamin B5: 2.06mg (20.56%), Fiber: 4.27g (17.08%), Magnesium: 51.87mg (12.97%), Folate: 51.6µg (12.9%), Vitamin B1: 0.18mg (11.85%), Vitamin B2: 0.18mg (10.87%), Manganese: 0.2mg (10.1%), Copper: 0.15mg (7.65%), Vitamin E: 1.05mg (7%), Zinc: 1.04mg (6.91%), Iron: 1.12mg (6.24%), Calcium: 60.77mg (6.08%), Vitamin A: 298.1IU (5.96%), Vitamin B12: 0.26µg (4.25%)