



Fusilli Salad with Grilled Chicken and Zucchini

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



432 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 fillet anchovy very finely chopped
- ☐ 0.5 cup basil chopped
- ☐ 2 garlic clove minced
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 bell pepper red thinly sliced
- ☐ 4 servings salt and pepper freshly ground
- ☐ 1 pound chicken breast halves boneless skinless

- ☐ 0.5 pound fusilli whole wheat
- ☐ 1.5 pounds zucchini halved lengthwise

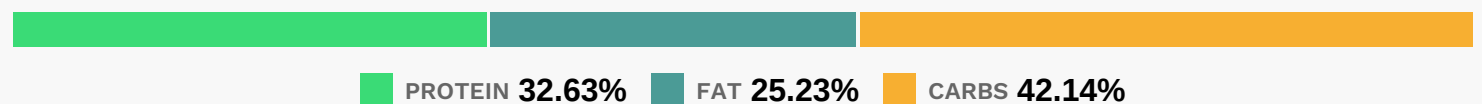
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ grill
- ☐ grill pan

Directions

- ☐ Light a grill or preheat a grill pan. In a large saucepan of boiling salted water, cook the fusilli, stirring occasionally, until al dente.
- ☐ Drain and transfer to a large bowl.
- ☐ Meanwhile, brush the cut sides of the zucchini with 1 tablespoon of the lemon juice and season with salt and pepper. Grill the zucchini, cut side down, over a medium-hot fire until lightly charred, about 3 minutes. Turn the zucchini and move them to the sides of the grill.
- ☐ Brush the chicken breasts with 2 teaspoons of the olive oil and season them with salt and pepper. Set the chicken breasts in the center of the grill and grill until cooked through, turning once, about 10 minutes.
- ☐ Transfer the chicken and zucchini to a platter and let stand for 5 minutes.
- ☐ In a small bowl, combine the very finely chopped anchovies, minced garlic and the remaining 2 tablespoons each of lemon juice and olive oil; season with salt and pepper.
- ☐ Cut the chicken and zucchini into bite-size pieces and add them to the fusilli.
- ☐ Add the red pepper and the anchovy dressing and toss well.
- ☐ Sprinkle the basil on top, season with salt and pepper, toss again and serve.
- ☐ Notes: One serving 463 calories, 3 gm total fat, 8 gm saturated fat, 43 gm carb.

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:1.07, Inflammation Score:-9, Nutrition Score:24.789565034535%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 432.18kcal (21.61%), Fat: 11.9g (18.31%), Saturated Fat: 2.04g (12.76%), Carbohydrates: 44.72g (14.91%), Net Carbohydrates: 37.18g (13.52%), Sugar: 7.51g (8.34%), Cholesterol: 74.37mg (24.79%), Sodium: 343.88mg (14.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.64g (69.28%), Vitamin C: 75.25mg (91.21%), Vitamin B3: 13.35mg (66.77%), Vitamin B6: 1.25mg (62.29%), Selenium: 37.99µg (54.27%), Phosphorus: 320.6mg (32.06%), Fiber: 7.54g (30.17%), Vitamin A: 1466.25IU (29.32%), Potassium: 964.35mg (27.55%), Vitamin K: 25.69µg (24.47%), Vitamin B5: 2.11mg (21.07%), Manganese: 0.41mg (20.74%), Vitamin B2: 0.31mg (18.35%), Magnesium: 67.88mg (16.97%), Folate: 63.65µg (15.91%), Vitamin E: 1.96mg (13.05%), Vitamin B1: 0.17mg (11.57%), Zinc: 1.38mg (9.17%), Iron: 1.44mg (8.03%), Copper: 0.15mg (7.51%), Calcium: 48.27mg (4.83%), Vitamin B12: 0.25µg (4.09%)