



 **49%**  
HEALTH SCORE

## Garlic Lime Grilled Chicken Salad

 **Gluten Free**

READY IN



**30 min.**

SERVINGS



**4**

CALORIES



**436 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 ounces black beans refrigerated cooked
- 0.5 teaspoon pepper black
- 1.5 pounds chicken breast thin
- 0.5 teaspoon cilantro leaves
- 0.8 teaspoon cumin
- 8 ounces corn frozen
- 1 teaspoon garlic minced
- 0.8 teaspoon kosher salt

- 2 lime
- 4 servings mexican cheese blend shredded
- 2 tablespoons olive oil
- 1 teaspoon onion minced
- 1 cranberry-orange relish
- 0.8 teaspoon oregano
- 2 bell pepper red
- 1 bag the of 1 cos lettuce
- 1 tablespoons vinegar

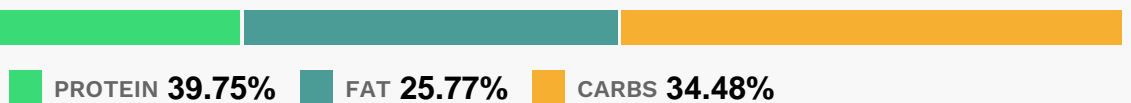
## Equipment

- bowl
- grill

## Directions

- Mix 1/4 cup fresh orange juice, 1/4 cup fresh lime juice, oil, spices, and salt in a small bowl.
- Pour half of the mixture over the chicken and save the rest of the marinade. Marinate the chicken breast for at least an hour preferably two. After the chicken has marinated, prepare your grill, and heat grill to 425. Sear chicken on both sides for about 12 minutes. Reduce heat to 350 or 375 and cook for 7-10 minutes.
- Cut red peppers into small strips and add to grill for 23 minutes. Cook frozen corn, however, it should be warm when you top it on the salad.
- Add 12 tablespoons of vinegar to the leftover marinade to make a vinaigrette dressing for your salad. Top each ingredient beginning with the salad and chicken. Spoon vinaigrette dressing over prepared salads.

## Nutrition Facts



## Properties

Glycemic Index:79.38, Glycemic Load:5.56, Inflammation Score:-10, Nutrition Score:34.171304347826%

## Flavonoids

Hesperetin: 23.33mg, Hesperetin: 23.33mg, Hesperetin: 23.33mg, Hesperetin: 23.33mg Naringenin: 6.16mg, Naringenin: 6.16mg, Naringenin: 6.16mg, Naringenin: 6.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

## Taste

Sweetness: 25.4%, Saltiness: 100%, Sourness: 21.83%, Bitterness: 20.86%, Savoriness: 70.52%, Fattiness: 63.71%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 435.8kcal (21.79%), Fat: 12.84g (19.75%), Saturated Fat: 2.31g (14.44%), Carbohydrates: 38.64g (12.88%), Net Carbohydrates: 28.86g (10.49%), Sugar: 6.2g (6.89%), Cholesterol: 109.81mg (36.6%), Sodium: 647.03mg (28.13%), Protein: 44.54g (89.09%), Vitamin C: 109.78mg (133.06%), Vitamin B3: 19.77mg (98.84%), Vitamin B6: 1.64mg (81.94%), Selenium: 56.25µg (80.36%), Phosphorus: 520.73mg (52.07%), Vitamin A: 2051.88IU (41.04%), Fiber: 9.79g (39.14%), Folate: 155.4µg (38.85%), Potassium: 1236.59mg (35.33%), Vitamin B5: 3.09mg (30.85%), Magnesium: 117.87mg (29.47%), Manganese: 0.52mg (26.23%), Vitamin B1: 0.38mg (25.45%), Vitamin B2: 0.33mg (19.52%), Iron: 3.17mg (17.63%), Vitamin E: 2.49mg (16.61%), Zinc: 2.3mg (15.33%), Copper: 0.25mg (12.62%), Vitamin K: 10.77µg (10.25%), Calcium: 73.72mg (7.37%), Vitamin B12: 0.35µg (5.87%), Vitamin D: 0.18µg (1.17%)