



Greek Chicken Bread Salad

READY IN



45 min.

SERVINGS



4

CALORIES



340 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 ounces bread baguette french cubed
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 0.3 cup feta cheese crumbled
- ☐ 2 teaspoons garlic minced
- ☐ 0.1 teaspoon kosher salt
- ☐ 2 teaspoons lemon rind grated
- ☐ 3 tablespoons olive oil
- ☐ 1 tablespoon oregano fresh chopped

- ☐ 0.5 cup pepperoncini peppers sliced
- ☐ 1 cup bell pepper red sliced (1 large)
- ☐ 1.5 tablespoons red wine vinegar
- ☐ 3 cups romaine lettuce chopped
- ☐ 1 pound chicken breast halves boneless skinless

Equipment

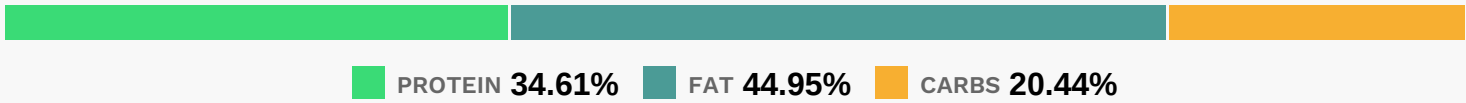
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ broiler

Directions

- ☐ Preheat broiler to high.
- ☐ Place baguette cubes on a baking sheet; coat with cooking spray. Broil 2 minutes or until edges are browned, turning once.
- ☐ Reduce oven temperature to 42
- ☐ Combine oregano and next 5 ingredients (through crushed red pepper) in a large bowl, stirring with a whisk; set aside.
- ☐ Heat a large ovenproof skillet over medium-high heat; coat pan with cooking spray.
- ☐ Sprinkle chicken evenly with black pepper and salt.
- ☐ Place chicken in pan; cook 4 minutes on each side or until browned.
- ☐ Place pan in oven, and bake at 425 for 10 minutes or until chicken is done.
- ☐ Remove pan from oven.
- ☐ Let chicken stand 5 minutes; slice thinly across the grain.
- ☐ Add bread cubes, lettuce, bell pepper, pepperoncini peppers, and feta to bowl with oregano mixture; toss well.

Place about 1 1/3 cups salad on each of 4 plates. Top each serving with about 3 ounces chicken.

Nutrition Facts



Properties

Glycemic Index:51.63, Glycemic Load:9.28, Inflammation Score:-10, Nutrition Score:28.942174077034%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 340.49kcal (17.02%), Fat: 17g (26.16%), Saturated Fat: 3.93g (24.59%), Carbohydrates: 17.4g (5.8%), Net Carbohydrates: 14.16g (5.15%), Sugar: 3.38g (3.76%), Cholesterol: 83.7mg (27.9%), Sodium: 483.37mg (21.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.45g (58.9%), Vitamin A: 4417.15IU (88.34%), Vitamin C: 65.08mg (78.89%), Vitamin B3: 13.72mg (68.62%), Selenium: 44.76µg (63.95%), Vitamin B6: 1.15mg (57.5%), Vitamin K: 54.42µg (51.83%), Phosphorus: 332.91mg (33.29%), Folate: 107.43µg (26.86%), Vitamin B2: 0.38mg (22.54%), Vitamin B1: 0.31mg (20.46%), Vitamin B5: 2.04mg (20.43%), Potassium: 686.1mg (19.6%), Vitamin E: 2.79mg (18.62%), Manganese: 0.35mg (17.55%), Iron: 2.51mg (13.93%), Magnesium: 55.14mg (13.78%), Fiber: 3.24g (12.96%), Calcium: 120.03mg (12%), Zinc: 1.51mg (10.08%), Vitamin B12: 0.44µg (7.3%), Copper: 0.12mg (6.05%), Vitamin D: 0.16µg (1.09%)