



## Greek Salad With Grilled Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



322 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 0.5 large cucumber seedless halved lengthwise thinly sliced
- ☐ 3 ounces feta cheese crumbled
- ☐ 3 tablespoons mint leaves fresh divided chopped
- ☐ 0.3 teaspoon pepper black divided
- ☐ 1 teaspoon honey
- ☐ 0.3 cup kalamata olives pitted halved
- ☐ 0.8 teaspoon kosher salt divided
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 1.5 pounds plum tomatoes halved seeded quartered ( 6-8 tomatoes)
- ☐ 0.5 small onion red thinly sliced
- ☐ 4 cups the of 1 cos lettuce
- ☐ 12 ounces chicken breast boneless skinless

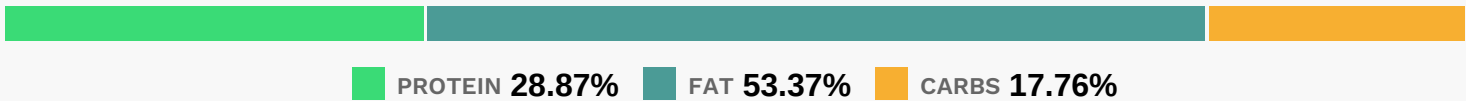
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill pan
- ☐ cutting board

Directions

- ☐ Whisk together the olive oil, lemon juice, and honey.
- ☐ Add 1/2 teaspoon salt and 1/8 teaspoon pepper; set aside.
- ☐ Heat a grill pan to high. Lightly coat chicken with olive oil spray, and season with remaining salt and pepper; cook over high heat 2 minutes per side or until just cooked through.
- ☐ Transfer to a cutting board; let stand 5 minutes.
- ☐ In a serving bowl, toss tomatoes, cucumber, onion, feta, olives, and half the mint with vinaigrette. Slice chicken into 1/2-inch strips, add to salad, and toss gently.
- ☐ Place 1 cup romaine on each of 4 plates, top with chicken mixture and remaining mint.

Nutrition Facts



Properties

Glycemic Index:44.07, Glycemic Load:3.01, Inflammation Score:-10, Nutrition Score:27.182174055473%

Flavonoids

Eriodictyol: 1.53mg, Eriodictyol: 1.53mg, Eriodictyol: 1.53mg, Eriodictyol: 1.53mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 1.26mg, Naringenin: 1.26mg, Naringenin: 1.26mg,

Naringenin: 1.26mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 4.85mg, Quercetin: 4.85mg, Quercetin: 4.85mg

Nutrients (% of daily need)

Calories: 322.07kcal (16.1%), Fat: 19.59g (30.14%), Saturated Fat: 5.09g (31.79%), Carbohydrates: 14.66g (4.89%), Net Carbohydrates: 10.49g (3.81%), Sugar: 7.93g (8.81%), Cholesterol: 73.35mg (24.45%), Sodium: 967.68mg (42.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.85g (47.69%), Vitamin A: 5870.15IU (117.4%), Vitamin K: 75.05µg (71.48%), Vitamin B3: 10.39mg (51.96%), Vitamin B6: 0.94mg (47.1%), Selenium: 30.9µg (44.15%), Vitamin C: 32.38mg (39.24%), Phosphorus: 322.22mg (32.22%), Folate: 111.05µg (27.76%), Potassium: 958.84mg (27.4%), Vitamin B2: 0.36mg (21.01%), Vitamin E: 3.15mg (20.98%), Manganese: 0.4mg (19.82%), Vitamin B5: 1.78mg (17.78%), Calcium: 167.2mg (16.72%), Fiber: 4.18g (16.71%), Magnesium: 62.64mg (15.66%), Vitamin B1: 0.21mg (13.85%), Zinc: 1.66mg (11.05%), Iron: 1.84mg (10.2%), Copper: 0.2mg (10.15%), Vitamin B12: 0.53µg (8.82%), Vitamin D: 0.17µg (1.13%)