



Greek Salad with Grilled Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



218 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 cup cucumber sliced (1 small)
- ☐ 0.3 cup fat-skimmed beef broth fat-free
- ☐ 1 ounce feta cheese crumbled
- ☐ 1 garlic clove minced
- ☐ 8 kalamata olives pitted halved
- ☐ 2 teaspoons olive oil
- ☐ 1 teaspoon oregano dried

- ☐ 4 plum tomatoes quartered
- ☐ 0.5 inch onion red separated
- ☐ 2 tablespoons red wine vinegar
- ☐ 8 cups the of 1 cos lettuce
- ☐ 0.5 teaspoon salt
- ☐ 16 ounce chicken breast halves boneless skinless
- ☐ 1 teaspoon sugar

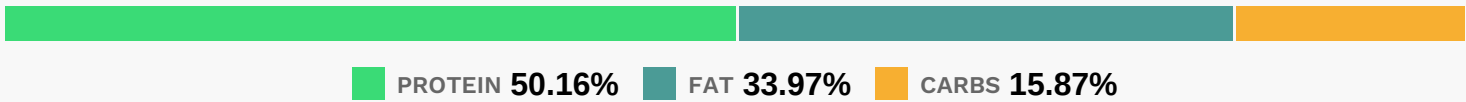
Equipment

- ☐ bowl
- ☐ grill
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Prepare grill or broiler.
- ☐ Combine the first 8 ingredients in a small bowl.
- ☐ Brush the chicken with 2 tablespoons dressing; set remaining dressing aside.
- ☐ Place chicken on grill rack or broiler pan coated with cooking spray; cook for 5 minutes on each side or until chicken is done.
- ☐ Cut into 1/4-inch-thick slices.
- ☐ Combine the romaine lettuce and the next 4 ingredients (romaine lettuce through red onion slices) in a large bowl, and toss with the remaining salad dressing. Divide the salad evenly among 4 plates; top each serving with sliced chicken, and sprinkle with feta cheese.

Nutrition Facts



Properties

Glycemic Index:61.02, Glycemic Load:1.59, Inflammation Score:-10, Nutrition Score:27.360434757627%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

Nutrients (% of daily need)

Calories: 217.5kcal (10.88%), Fat: 8.2g (12.62%), Saturated Fat: 2.09g (13.09%), Carbohydrates: 8.62g (2.87%), Net Carbohydrates: 5.11g (1.86%), Sugar: 4.31g (4.79%), Cholesterol: 78.88mg (26.29%), Sodium: 698.1mg (30.35%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 27.26g (54.53%), Vitamin A: 8833.1IU (176.66%), Vitamin K: 108.84µg (103.66%), Vitamin B3: 12.7mg (63.51%), Selenium: 38.29µg (54.7%), Vitamin B6: 1.04mg (51.78%), Folate: 150.29µg (37.57%), Phosphorus: 316.94mg (31.69%), Potassium: 872.04mg (24.92%), Vitamin B5: 1.98mg (19.85%), Vitamin C: 14.99mg (18.16%), Manganese: 0.34mg (16.76%), Vitamin B2: 0.26mg (15.53%), Magnesium: 58.13mg (14.53%), Fiber: 3.51g (14.05%), Vitamin B1: 0.19mg (12.66%), Iron: 1.95mg (10.81%), Calcium: 98.4mg (9.84%), Vitamin E: 1.38mg (9.22%), Zinc: 1.27mg (8.5%), Copper: 0.16mg (8.02%), Vitamin B12: 0.37µg (6.25%)