



Grilled Balsamic-Chicken Salad



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



8

CALORIES



457 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.8 cups balsamic vinaigrette
- ☐ 2 lbs chicken breast boneless skinless
- ☐ 12 cups the salad mixed
- ☐ 4 cups strawberries fresh halved
- ☐ 1 cup roasted peanuts

Equipment

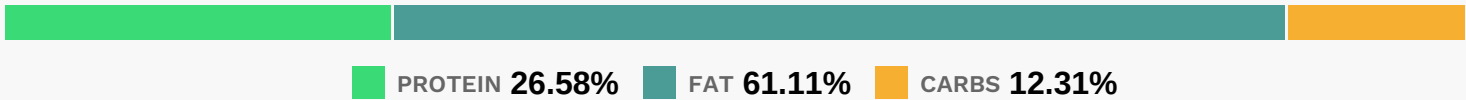
- ☐ bowl
- ☐ grill

☐ ziploc bags

Directions

- ☐ In large resealable food-storage plastic bag, place 1 cup of the dressing and the chicken; turn bag to coat. Refrigerate at least 30 minutes to marinate.
- ☐ Heat gas or charcoal grill for medium heat.
- ☐ Place chicken on grill; discard marinade. Cover grill; reduce heat to low and cook 7 minutes. Turn chicken; cook 7 to 8 minutes longer or until juice of chicken is clear when center of thickest part is cut (170°F).
- ☐ Cut chicken across grain into thin strips.
- ☐ In 7-quart bowl, gently toss chicken, salad greens, strawberries and remaining 3/4 cup dressing.
- ☐ Sprinkle with peanuts.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:1.64, Inflammation Score:-8, Nutrition Score:21.409565210342%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 456.87kcal (22.84%), Fat: 31.08g (47.81%), Saturated Fat: 3.76g (23.49%), Carbohydrates: 14.08g (4.69%), Net Carbohydrates: 11.02g (4.01%), Sugar: 5.24g (5.82%), Cholesterol: 72.57mg (24.19%), Sodium: 691.51mg (30.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.42g (60.84%), Vitamin B3: 15.16mg (75.8%), Vitamin C: 57.62mg (69.84%), Selenium: 38.18µg (54.55%), Vitamin B6: 0.98mg (48.9%), Manganese: 0.81mg (40.65%), Phosphorus: 349.44mg (34.94%), Potassium: 774.55mg (22.13%), Vitamin B5: 2.03mg (20.32%), Magnesium: 76.1mg (19.03%), Folate: 67.01µg (16.75%), Vitamin A: 724.26IU (14.49%), Fiber: 3.06g (12.26%), Vitamin B1: 0.17mg (11.05%), Copper: 0.22mg (10.79%), Vitamin B2: 0.17mg (10.28%), Iron: 1.51mg (8.38%), Zinc: 1.25mg (8.33%), Calcium: 48.4mg (4.84%), Vitamin B12: 0.23µg (3.78%), Vitamin E: 0.42mg (2.83%), Vitamin K: 1.81µg (1.72%)