



Grilled-Chicken-and-Asparagus Salad with Parsley Pesto



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



460 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound asparagus
- ☐ 4.5 quarts bibb lettuce
- ☐ 1 clove garlic
- ☐ 4 servings fresh-ground pepper black
- ☐ 1 tablespoon juice of lemon
- ☐ 0.3 cup olive oil
- ☐ 1.5 cups parsley leaves loosely packed

- ☐ 4 servings salt
- ☐ 1 pound chicken breasts boneless skinless 3
- ☐ 2 tablespoons water

Equipment

- ☐ bowl
- ☐ blender
- ☐ grill
- ☐ broiler
- ☐ spatula

Directions

- ☐ Light the grill or heat the broiler. Coat the chicken breasts with 1 tablespoon of the oil and sprinkle with 1/4 teaspoon each of salt and pepper. Grill or broil the chicken for 5 minutes. Turn and cook until just done, about 5 minutes more. When the chicken breasts are cool enough to handle, cut them into bite-size pieces.
- ☐ Toss the asparagus spears with 1 1/2 tablespoons of the oil and 1/8 teaspoon each of salt and pepper. Grill or broil the asparagus, turning occasionally, until tender, about 10 minutes, depending on the width of the spears.
- ☐ Cut the spears into 2-inch lengths.
- ☐ In a blender, combine the garlic, water, parsley, lemon juice, 1/2 teaspoon salt, and the remaining 1/3 cup oil. Puree until smooth, scraping down the side of the blender with a spatula as necessary.
- ☐ In a large glass or stainless-steel bowl, toss the lettuce, chicken, and asparagus with half the vinaigrette.
- ☐ Put the salad on plates.
- ☐ Drizzle the remaining vinaigrette over the salads.
- ☐ Wine Recommendation: Asparagus can be hard to pair with wine, but sauvignon blancs from New Zealand handle the vegetable well, partly because they taste a bit like asparagus themselves. In addition, they are crisp enough to stand up to the vinaigrette.

Nutrition Facts



 **PROTEIN 33.36%**  **FAT 42.52%**  **CARBS 24.12%**

Properties

Glycemic Index:31.5, Glycemic Load:0.95, Inflammation Score:-10, Nutrition Score:60.535652450893%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 48.49mg, Apigenin: 48.49mg, Apigenin: 48.49mg, Apigenin: 48.49mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 2.13mg, Kaempferol: 2.13mg, Kaempferol: 2.13mg, Kaempferol: 2.13mg Myricetin: 3.35mg, Myricetin: 3.35mg, Myricetin: 3.35mg, Myricetin: 3.35mg Quercetin: 45.01mg, Quercetin: 45.01mg, Quercetin: 45.01mg, Quercetin: 45.01mg

Nutrients (% of daily need)

Calories: 459.77kcal (22.99%), Fat: 23.61g (36.32%), Saturated Fat: 3.51g (21.96%), Carbohydrates: 30.14g (10.05%), Net Carbohydrates: 15.25g (5.55%), Sugar: 12.43g (13.81%), Cholesterol: 72.57mg (24.19%), Sodium: 394.35mg (17.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.68g (83.36%), Vitamin K: 1516.55µg (1444.33%), Vitamin A: 38048.66IU (760.97%), Folate: 875.68µg (218.92%), Manganese: 2.16mg (108.21%), Iron: 17.57mg (97.62%), Vitamin C: 78.71mg (95.41%), Potassium: 3315.57mg (94.73%), Vitamin B6: 1.86mg (92.86%), Vitamin B3: 17.04mg (85.21%), Phosphorus: 663.09mg (66.31%), Selenium: 45.42µg (64.89%), Fiber: 14.89g (59.55%), Vitamin B1: 0.86mg (57.56%), Vitamin B2: 0.96mg (56.29%), Magnesium: 195.68mg (48.92%), Calcium: 439.11mg (43.91%), Vitamin E: 6.18mg (41.21%), Vitamin B5: 3.62mg (36.24%), Zinc: 3.65mg (24.35%), Copper: 0.45mg (22.72%), Vitamin B12: 0.23µg (3.78%)