



Grilled Chicken and Garden Salsa

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



460 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 chicken breast
- ☐ 0.5 cup basil fresh chopped
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 2 teaspoons lemon zest
- ☐ 3 tablespoons mayonnaise
- ☐ 2 tablespoons olive oil
- ☐ 3 tablespoons parmesan cheese freshly grated
- ☐ 0.5 teaspoon pepper freshly ground

- ☐ 1 medium size bell pepper red quartered
- ☐ 0.5 teaspoon salt
- ☐ 1 small onion sweet sliced
- ☐ 2 medium zucchini cut lengthwise into 1/2-inch-wide strips

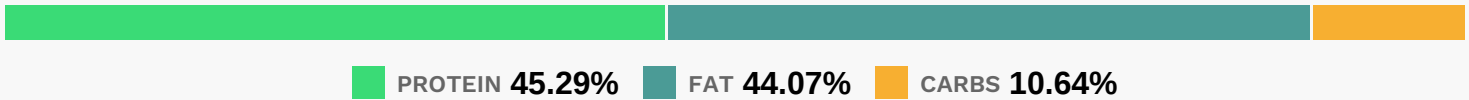
Equipment

- ☐ grill

Directions

- ☐ Preheat grill to 300 to 350 (medium) heat.
- ☐ Sprinkle chicken with salt and pepper.
- ☐ Combine cheese and next 3 ingredients.
- ☐ Brush chicken with cheese mixture.
- ☐ Toss zucchini, onion, and bell pepper in olive oil.
- ☐ Grill chicken and vegetable mixture at the same time, covered with grill lid. Grill chicken 7 to 10 minutes on each side or until done. Grill vegetable mixture 2 to 3 minutes or until crisp-tender. Chop vegetable mixture, and toss with basil.
- ☐ Add salt and pepper to taste.
- ☐ Serve vegetable mixture with grilled chicken.

Nutrition Facts



Properties

Glycemic Index:49.75, Glycemic Load:0.77, Inflammation Score:-9, Nutrition Score:32.611304428266%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.95mg,

Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 12.74mg, Quercetin: 12.74mg, Quercetin: 12.74mg, Quercetin: 12.74mg

Nutrients (% of daily need)

Calories: 459.64kcal (22.98%), Fat: 22.26g (34.25%), Saturated Fat: 4.16g (26.02%), Carbohydrates: 12.1g (4.03%), Net Carbohydrates: 9.53g (3.47%), Sugar: 8g (8.89%), Cholesterol: 152.31mg (50.77%), Sodium: 701.18mg (30.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.47g (102.95%), Vitamin B3: 24.45mg (122.27%), Selenium: 74.54µg (106.49%), Vitamin B6: 2.06mg (102.91%), Vitamin C: 64.62mg (78.33%), Phosphorus: 570.19mg (57.02%), Vitamin K: 40.62µg (38.69%), Potassium: 1277.42mg (36.5%), Vitamin B5: 3.64mg (36.41%), Vitamin A: 1395.56IU (27.91%), Magnesium: 91.42mg (22.85%), Vitamin B2: 0.38mg (22.27%), Manganese: 0.37mg (18.74%), Folate: 68.49µg (17.12%), Vitamin E: 2.44mg (16.24%), Vitamin B1: 0.24mg (16.2%), Zinc: 2.02mg (13.44%), Fiber: 2.57g (10.28%), Iron: 1.75mg (9.73%), Copper: 0.18mg (9.2%), Calcium: 87.68mg (8.77%), Vitamin B12: 0.52µg (8.59%), Vitamin D: 0.27µg (1.77%)