



Grilled Chicken and Lemon Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



379 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup bell pepper strips red
- ☐ 0.5 cup bell pepper strips yellow
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 tablespoon thyme leaves fresh
- ☐ 0.8 cup juice of lemon fresh
- ☐ 0.3 cup olive oil

- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon salt
- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 1 cup sugar snap peas trimmed
- ☐ 0.5 cup zucchini ()

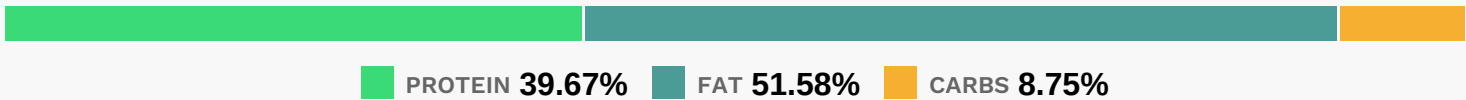
Equipment

- ☐ bowl
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ To prepare chicken, combine the first 4 ingredients in a large zip-top plastic bag.
- ☐ Add chicken to bag, and seal. Marinate in the refrigerator 1 hour, turning occasionally.
- ☐ Prepare grill.
- ☐ Remove chicken from bag; discard marinade.
- ☐ Place chicken on a grill rack coated with cooking spray; grill 6 minutes on each side or until done. Cool completely; cut into 1/4-inch-thick slices.
- ☐ To prepare salad, cook peas in boiling water 30 seconds.
- ☐ Drain, and rinse with cold water.
- ☐ Drain.
- ☐ Combine peas and next 7 ingredients (through black pepper) in a large bowl; add chicken, tossing to combine.
- ☐ Place 1 3/4 cups chicken salad on each of 4 plates.
- ☐ Serve with lemon wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:0.38, Inflammation Score:-10, Nutrition Score:26.123043386833%

Flavonoids

Eriodictyol: 2.23mg, Eriodictyol: 2.23mg, Eriodictyol: 2.23mg, Eriodictyol: 2.23mg Hesperetin: 6.62mg, Hesperetin: 6.62mg, Hesperetin: 6.62mg, Hesperetin: 6.62mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 379.18kcal (18.96%), Fat: 21.74g (33.45%), Saturated Fat: 3.38g (21.11%), Carbohydrates: 8.3g (2.77%), Net Carbohydrates: 6.53g (2.38%), Sugar: 3.31g (3.67%), Cholesterol: 108.86mg (36.29%), Sodium: 928.43mg (40.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.63g (75.26%), Vitamin C: 98.09mg (118.9%), Vitamin B3: 18.38mg (91.92%), Selenium: 54.76µg (78.23%), Vitamin B6: 1.45mg (72.59%), Phosphorus: 391.2mg (39.12%), Vitamin B5: 2.8mg (28%), Potassium: 858.4mg (24.53%), Vitamin E: 3.25mg (21.7%), Vitamin A: 1068.81IU (21.38%), Vitamin K: 19.1µg (18.19%), Magnesium: 63.19mg (15.8%), Vitamin B2: 0.24mg (14.14%), Vitamin B1: 0.18mg (12%), Folate: 44.31µg (11.08%), Manganese: 0.21mg (10.48%), Iron: 1.82mg (10.12%), Zinc: 1.24mg (8.26%), Fiber: 1.77g (7.08%), Copper: 0.12mg (5.81%), Vitamin B12: 0.34µg (5.67%), Calcium: 36.01mg (3.6%), Vitamin D: 0.17µg (1.13%)