



WHATSheATE



Grilled Chicken and Nectarine Salad



Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



121 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 ounces goat cheese fresh crumbled (goat cheese)
- ☐ 4 chicken breast halves dry with skin (2 lb. total), rinsed, patted , and fat trimmed
- ☐ 2 tofu pitted rinsed thinly sliced
- ☐ 0.7 cup pecans
- ☐ 8 oz the salad rinsed
- ☐ 25 servings salt and pepper
- ☐ 0.3 cup vegetable oil
- ☐ 0.3 cup vegetable oil

- ☐ 0.3 cup citrus champagne vinegar

Equipment

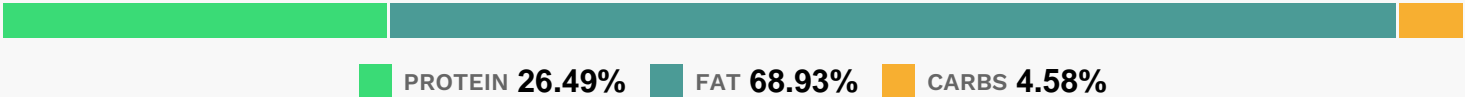
- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ grill
- ☐ cutting board

Directions

- ☐ Preheat oven to 35
- ☐ Spread pecans in a baking pan and bake until golden under skins, about 10 minutes.
- ☐ Let cool, then coarsely chop.
- ☐ Mound salad greens on four dinner plates. In a small bowl, stir vegetable oil, walnut oil, and vinegar to blend. Set aside.
- ☐ Sprinkle chicken with salt and pepper.
- ☐ Lay on a lightly oiled barbecue grill over a solid bed of medium-hot coals or medium-high heat on a gas grill (you can hold your hand at grill level only 3 to 4 seconds); close lid on gas grill. Cook chicken, turning occasionally, until meat is no longer pink in center of thickest part (cut to test), about 15 minutes total.
- ☐ Transfer chicken to a cutting board.
- ☐ Remove skin if desired.
- ☐ Slice chicken across the grain 1/2 inch thick; arrange over greens. Tuck nectarine around chicken. Scatter goat cheese and pecans over the top. Stir dressing; pour over salads.
- ☐ Add salt and pepper to taste.
- ☐ Nut Oils on Salad: A drizzle of walnut, hazelnut, or almond oil makes a salad dressing--like the one in this salad--rich and interesting. Until recently, though, nut oils have generally been imported and pricey. Now, less expensive oils pressed from Western nuts are joining imports in grocery stores.
- ☐ Nut oils are good for your heart, as well as your salads. Almond and hazelnut oils are rich in monounsaturated fats, and walnut oil supplies omega-3 fatty acids. Refrigerate nut oils after

opening; they turn rancid quickly at room temperature.

Nutrition Facts



Properties

Glycemic Index:1, Glycemic Load:0.08, Inflammation Score:-2, Nutrition Score:3.9343478018823%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

Nutrients (% of daily need)

Calories: 120.88kcal (6.04%), Fat: 9.32g (14.35%), Saturated Fat: 1.92g (11.98%), Carbohydrates: 1.39g (0.46%), Net Carbohydrates: 0.89g (0.32%), Sugar: 0.25g (0.28%), Cholesterol: 14.18mg (4.73%), Sodium: 239.45mg (10.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.06g (16.13%), Vitamin B3: 1.99mg (9.95%), Selenium: 6.08µg (8.69%), Vitamin B6: 0.16mg (8.12%), Vitamin K: 8.25µg (7.86%), Manganese: 0.14mg (7.11%), Phosphorus: 63.53mg (6.35%), Calcium: 51.73mg (5.17%), Copper: 0.08mg (4.15%), Iron: 0.69mg (3.84%), Vitamin A: 168.53IU (3.37%), Vitamin B5: 0.33mg (3.3%), Vitamin E: 0.44mg (2.92%), Vitamin C: 2.36mg (2.86%), Vitamin B2: 0.05mg (2.8%), Potassium: 95.77mg (2.74%), Magnesium: 9.9mg (2.48%), Vitamin B1: 0.04mg (2.38%), Fiber: 0.51g (2.03%), Zinc: 0.3mg (1.98%), Folate: 5.34µg (1.34%)