



Grilled Chicken and Orange Salad

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



4

CALORIES



291 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 10.8 ounce all natural tomato soup canned
- 0.3 teaspoon garlic powder
- 3 spring onion sliced
- 0.5 teaspoon ground ginger
- 11 ounce mandarin orange segments drained canned
- 12 ounce the salad mixed
- 4 chicken breast boneless skinless
- 1 tablespoon soya sauce

- 0.5 cup vegetable oil
- 2 tablespoons vinegar

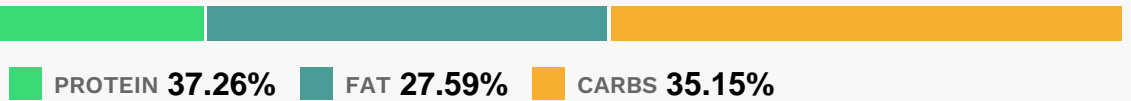
Equipment

- bowl
- grill

Directions

- Stir the soup, oil, vinegar, soy, ginger and garlic powder in a medium bowl and set aside.
- Lightly oil the grill rack and heat the grill to medium. Grill the chicken for 15 minutes or until chicken is cooked through, turning and brushing the chicken often with 1/2 cup of the soup mixture while it's grilling. Throw away any remaining basting mixture.
- Cut the chicken into thin strips.
- Arrange the salad greens, oranges and green onions on a serving platter. Top with the chicken and serve the remaining soup mixture as a dressing.

Nutrition Facts



Properties

Glycemic Index:45.13, Glycemic Load:7.87, Inflammation Score:-9, Nutrition Score:22.692609061366%

Flavonoids

Hesperetin: 6.19mg, Hesperetin: 6.19mg, Hesperetin: 6.19mg, Hesperetin: 6.19mg Naringenin: 7.81mg, Naringenin: 7.81mg, Naringenin: 7.81mg, Naringenin: 7.81mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 290.69kcal (14.53%), Fat: 9.05g (13.92%), Saturated Fat: 1.61g (10.05%), Carbohydrates: 25.93g (8.64%), Net Carbohydrates: 23.37g (8.5%), Sugar: 14.84g (16.49%), Cholesterol: 72.32mg (24.11%), Sodium: 695.14mg (30.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.49g (54.98%), Vitamin B3: 13.45mg (67.26%), Vitamin C: 53.43mg (64.76%), Selenium: 39.18µg (55.97%), Vitamin B6: 1.06mg (52.99%), Vitamin A: 1919.43IU (38.39%), Potassium: 1162.06mg (33.2%), Phosphorus: 320.38mg (32.04%), Vitamin K: 31.32µg (29.83%), Manganese: 0.4mg (20.19%), Vitamin B5: 1.91mg (19.07%), Magnesium: 63.12mg (15.78%), Folate: 55.15µg (13.79%),

Vitamin B2: 0.21mg (12.34%), Vitamin B1: 0.18mg (12.24%), Fiber: 2.56g (10.25%), Iron: 1.82mg (10.13%), Copper: 0.16mg (8%), Vitamin E: 1.13mg (7.51%), Zinc: 1.1mg (7.3%), Calcium: 63.75mg (6.37%), Vitamin B12: 0.23µg (3.77%)