



 **68%**  
HEALTH SCORE

## Grilled Chicken and Parmesan Salad

 **Gluten Free**  **Very Healthy**

READY IN



**60 min.**

SERVINGS



**1**

CALORIES



**924 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 cup cherry tomatoes cut in half
- 0.3 cup heinz distilled vinegar white
- 0.5 cup filippo berio extra virgin olive oil
- 10 oz salad greens mixed
- 0.3 cup parmesan cheese shaved
- 1 env. seasons dressing mix italian good
- 1 lb chicken breasts boneless skinless
- 3 Tbsp water

1 baby squash yellow chopped

## Equipment

grill

ziploc bags

## Directions

Prepare dressing mix with oil, vinegar and water as directed on package.

Pour 1/2 cup of the dressing over chicken in resealable plastic bag; seal bag. Turn bag over several times to evenly coat chicken with dressing. Refrigerate 30 min. to marinate. Meanwhile, refrigerate remaining dressing for later use.

Preheat grill to medium heat.

Remove chicken from marinade; discard bag and marinade. Grill chicken 5 min. on each side or until cooked through (165F). Slice chicken.

Toss greens with tomatoes and squash; place on serving platter. Top with chicken and cheese; drizzle with remaining dressing.

## Nutrition Facts

  
■ PROTEIN 49.63% ■ FAT 40.2% ■ CARBS 10.17%

## Properties

Glycemic Index:109, Glycemic Load:1.64, Inflammation Score:-10, Nutrition Score:53.15782581205%

## Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

## Nutrients (% of daily need)

Calories: 923.83kcal (46.19%), Fat: 40.52g (62.34%), Saturated Fat: 9.79g (61.2%), Carbohydrates: 23.06g (7.69%), Net Carbohydrates: 19.86g (7.22%), Sugar: 8.25g (9.16%), Cholesterol: 307.3mg (102.43%), Sodium: 1099.64mg (47.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 112.57g (225.13%), Vitamin B3: 50.68mg (253.42%), Selenium: 153.36µg (219.09%), Vitamin B6: 4.19mg (209.6%), Vitamin C: 138.51mg (167.89%), Phosphorus:

1355.36mg (135.54%), Vitamin A: 4672.44IU (93.45%), Potassium: 3028.73mg (86.54%), Vitamin B5: 7.41mg (74.13%), Vitamin B2: 0.99mg (58.2%), Magnesium: 207.94mg (51.98%), Manganese: 1.02mg (51.21%), Folate: 201µg (50.25%), Calcium: 406.71mg (40.67%), Vitamin B1: 0.53mg (35.52%), Vitamin E: 5.1mg (33.98%), Zinc: 4.7mg (31.34%), Iron: 5.51mg (30.6%), Copper: 0.5mg (24.75%), Vitamin K: 24.39µg (23.23%), Vitamin B12: 1.21µg (20.12%), Fiber: 3.2g (12.8%), Vitamin D: 0.58µg (3.86%)