



Grilled Chicken and Peach Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



224 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 cups baby arugula (10-ounce package)
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 1 pound peaches pitted halved (3 or 4 small)
- ☐ 0.5 teaspoon salt (preferably kosher)
- ☐ 1 pound chicken breast boneless skinless
- ☐ 1 tablespoon balsamic vinegar white
- ☐ 1 tablespoon coarse mustard

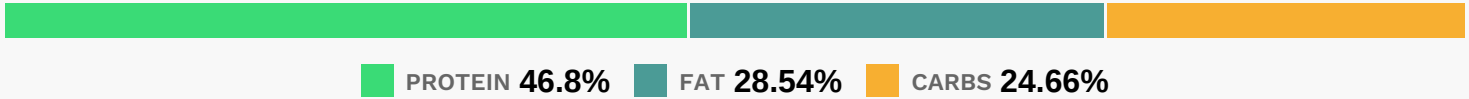
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Heat grill on high; set grill rack 4 to 6 inches aboveheat source. Season chicken with salt and pepper;coat with cooking spray. Grill chicken, turning once,until it reaches an internal temperature of 165°F,5 to 8 minutes each side.
- ☐ Transfer chicken to a cuttingboard. Coat peaches with cooking spray; spread skinside up on grill grates; grill, turning once, until juicy butnot mushy, 3 to 5 minutes per side. In a salad bowl,whisk mustard, vinegar, oil and 1 tablespoon water. Tosswith arugula. Divide arugula among 4 plates. Slicechicken and peaches; distribute evenly among plates.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:46.56, Glycemic Load:4.56, Inflammation Score:-8, Nutrition Score:19.237826285155%

Flavonoids

Cyanidin: 2.18mg, Cyanidin: 2.18mg, Cyanidin: 2.18mg, Cyanidin: 2.18mg Catechin: 5.58mg, Catechin: 5.58mg, Catechin: 5.58mg, Catechin: 5.58mg Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg Epicatechin: 2.65mg, Epicatechin: 2.65mg, Epicatechin: 2.65mg, Epicatechin: 2.65mg Epigallocatechin 3–gallate: 0.34mg, Epigallocatechin 3–gallate: 0.34mg, Epigallocatechin 3–gallate: 0.34mg, Epigallocatechin 3–gallate: 0.34mg Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg Kaempferol: 14.21mg, Kaempferol: 14.21mg, Kaempferol: 14.21mg, Kaempferol: 14.21mg Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg

Nutrients (% of daily need)

Calories: 223.96kcal (11.2%), Fat: 7.14g (10.98%), Saturated Fat: 1.19g (7.46%), Carbohydrates: 13.87g (4.62%), Net Carbohydrates: 11.34g (4.12%), Sugar: 10.99g (12.21%), Cholesterol: 72.57mg (24.19%), Sodium: 490.03mg (21.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.33g (52.66%), Vitamin B3: 12.89mg (64.43%), Selenium:

40.07µg (57.24%), Vitamin K: 49.6µg (47.23%), Vitamin B6: 0.91mg (45.49%), Phosphorus: 288.89mg (28.89%), Vitamin A: 1356.24IU (27.12%), Potassium: 717.38mg (20.5%), Vitamin B5: 1.98mg (19.77%), Magnesium: 59.86mg (14.96%), Vitamin C: 12.03mg (14.58%), Folate: 50.42µg (12.61%), Manganese: 0.25mg (12.61%), Vitamin E: 1.73mg (11.56%), Vitamin B2: 0.19mg (10.92%), Fiber: 2.53g (10.14%), Iron: 1.51mg (8.4%), Vitamin B1: 0.12mg (8.31%), Calcium: 78.42mg (7.84%), Copper: 0.16mg (7.76%), Zinc: 1.14mg (7.57%), Vitamin B12: 0.23µg (3.78%)