



Grilled Chicken and Raspberry Salad

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



4

CALORIES



212 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup balsamic vinegar
- 4 servings pepper black freshly ground
- 1 cup raspberries
- 10 ounce ready-to-eat salad mix italian
- 16 ounce chicken breast halves boneless skinless
- 3 tablespoons raspberry fruit spread

Equipment

- bowl

whisk

grill

Directions

Prepare grill.

Combine vinegar and fruit spread in a small bowl, stirring with a whisk until smooth. Reserve 3 tablespoons vinegar mixture.

Brush remaining 1/4 cup vinegar mixture evenly over chicken breast halves.

Place chicken on grill rack coated with cooking spray; grill, covered, 5 minutes on each side or until chicken is done. Set chicken aside.

Place salad mix in a large bowl; pour reserved 3 tablespoons vinegar mixture over lettuce, and toss well. Arrange lettuce mixture evenly on each of 4 individual serving plates.

Cut chicken crosswise into thin strips; arrange chicken strips evenly on lettuce mixture. Top evenly with raspberries.

Sprinkle with pepper.

carbo rating: 12

Nutrition Facts



PROTEIN 49.33% **FAT 13.93%** **CARBS 36.74%**

Properties

Glycemic Index:40.75, Glycemic Load:7.38, Inflammation Score:-7, Nutrition Score:16.183043500651%

Flavonoids

Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 212.19kcal (10.61%), Fat: 3.2g (4.92%), Saturated Fat: 0.66g (4.12%), Carbohydrates: 18.97g (6.32%), Net Carbohydrates: 16.82g (6.12%), Sugar: 10.98g (12.2%), Cholesterol: 72.57mg (24.19%), Sodium: 158.75mg (6.9%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 25.46g (50.93%), Vitamin B3: 12.4mg (62.02%), Selenium: 36.94µg (52.77%), Vitamin B6: 0.93mg (46.29%), Vitamin C: 26.98mg (32.71%), Phosphorus: 280.51mg (28.05%), Manganese: 0.36mg (18.09%), Vitamin B5: 1.8mg (18.04%), Potassium: 617.5mg (17.64%), Vitamin A: 849.59IU (16.99%), Magnesium: 46.56mg (11.64%), Vitamin B2: 0.17mg (10.11%), Folate: 38.73µg (9.68%), Fiber: 2.14g (8.56%), Vitamin B1: 0.11mg (7.06%), Iron: 1.27mg (7.06%), Zinc: 0.96mg (6.37%), Copper: 0.11mg (5.68%), Vitamin B12: 0.23µg (3.78%), Vitamin E: 0.5mg (3.3%), Calcium: 30.13mg (3.01%), Vitamin K: 2.73µg (2.6%)