



Grilled Chicken and Squash Salad with Lime-Taco Dressing



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



579 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.3 pounds chicken breast halves boneless skinless
- ☐ 1 small butternut squash peeled cut into 1- to 1 1/2-inch pieces (3 cups)
- ☐ 1 medium onion red sliced
- ☐ 10 ounces the salad mixed (romaine, iceberg and leaf lettuce or another mix)
- ☐ 1 medium avocado diced pitted peeled
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.8 cup limeade concentrate frozen thawed

- ☐ 0.3 cup vegetable oil
- ☐ 2 tablespoons honey
- ☐ 0.3 teaspoon ground ginger
- ☐ 1 oz taco seasoning

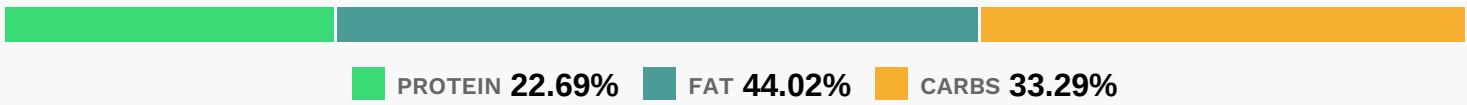
Equipment

- ☐ bowl
- ☐ grill
- ☐ wok

Directions

- ☐ Heat coals or gas grill for direct heat. Make Lime-Taco Dressing. Use about 1/4 cup dressing for grilling; reserve remaining dressing to drizzle on salad. Toss squash and onion with about 2 tablespoons dressing for grilling in large bowl.
- ☐ Place squash and onion in grill basket (grill “wok”).
- ☐ Place chicken and grill basket on grill. Cover and grill 4 to 6 inches from medium heat 15 to 20 minutes, turning chicken once and shaking grill basket or stirring vegetables occasionally, until juice of chicken is no longer pink when centers of thickest pieces are cut and vegetables are tender.
- ☐ Brush chicken and vegetables with remaining dressing for grilling during last 5 minutes of grilling.
- ☐ Arrange salad greens on large platter. Top with avocado, squash and onion.
- ☐ Cut each chicken breast into slices; fan over vegetables.
- ☐ Drizzle with reserved dressing.
- ☐ Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:37.82, Glycemic Load:5.45, Inflammation Score:-10, Nutrition Score:37.548695437286%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg

Nutrients (% of daily need)

Calories: 579.09kcal (28.95%), Fat: 29.5g (45.38%), Saturated Fat: 4.71g (29.41%), Carbohydrates: 50.18g (16.73%), Net Carbohydrates: 41.22g (14.99%), Sugar: 21.72g (24.14%), Cholesterol: 90.72mg (30.24%), Sodium: 768.72mg (33.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.21g (68.42%), Vitamin A: 21531.22IU (430.62%), Vitamin B3: 18.36mg (91.81%), Vitamin C: 69.31mg (84.01%), Vitamin B6: 1.57mg (78.74%), Selenium: 47.12µg (67.32%), Potassium: 1603.01mg (45.8%), Vitamin K: 47.04µg (44.8%), Phosphorus: 422.48mg (42.25%), Vitamin E: 5.51mg (36.71%), Vitamin B5: 3.6mg (36.01%), Fiber: 8.96g (35.84%), Manganese: 0.66mg (33.12%), Folate: 129.26µg (32.31%), Magnesium: 127.18mg (31.79%), Vitamin B1: 0.35mg (23.13%), Iron: 3.17mg (17.62%), Vitamin B2: 0.29mg (17.26%), Copper: 0.33mg (16.36%), Calcium: 120.49mg (12.05%), Zinc: 1.65mg (11.03%), Vitamin B12: 0.28µg (4.72%)