



Grilled Chicken-and-Strawberry Salad



Gluten Free



Low Fod Map

READY IN



38 min.

SERVINGS



4

CALORIES



385 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 tablespoons butter
- ☐ 0.3 cup brown sugar light
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon salt
- ☐ 4 chicken breasts boneless skinless
- ☐ 0.3 cup slivered almonds toasted sliced
- ☐ 8 cups pkt spinach

- ☐ 2 cups strawberries fresh halved
- ☐ 4 servings strawberry vinaigrette

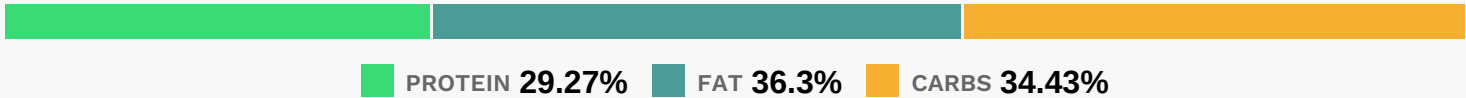
Equipment

- ☐ frying pan
- ☐ grill
- ☐ wax paper
- ☐ grill pan

Directions

- ☐ Melt butter in a large nonstick skillet. Stir in almonds, sugar, and 1 tablespoon water. Cook, stirring constantly, 2 minutes or until sugar melts and coats almonds. Spoon almonds onto wax paper, and set aside.
- ☐ Preheat grill to medium-high heat (350 to 40
- ☐ or grill pan over medium-high heat.
- ☐ Brush oil evenly on chicken; sprinkle with salt and pepper. Grill chicken, turning once, 10 minutes or until cooked through.
- ☐ Cut into strips.
- ☐ Toss spinach with Strawberry Vinaigrette to taste. Top with chicken strips, strawberries, and reserved sugared almonds.

Nutrition Facts



Properties

Glycemic Index:51, Glycemic Load:5.28, Inflammation Score:-10, Nutrition Score:38.353043514749%

Flavonoids

Cyanidin: 3.85mg, Cyanidin: 3.85mg, Cyanidin: 3.85mg, Cyanidin: 3.85mg Petunidin: 0.24mg, Petunidin: 0.24mg, Petunidin: 0.24mg, Petunidin: 0.24mg Delphinidin: 0.67mg, Delphinidin: 0.67mg, Delphinidin: 0.67mg, Delphinidin: 0.67mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 53.68mg, Pelargonidin: 53.68mg, Pelargonidin: 53.68mg, Pelargonidin: 53.68mg Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg

0.11mg, Peonidin: 0.11mg Catechin: 6.83mg, Catechin: 6.83mg, Catechin: 6.83mg, Catechin: 6.83mg
Epigallocatechin: 1.92mg, Epigallocatechin: 1.92mg, Epigallocatechin: 1.92mg, Epigallocatechin: 1.92mg Epicatechin:
0.96mg, Epicatechin: 0.96mg, Epicatechin: 0.96mg, Epicatechin: 0.96mg Epicatechin 3–gallate: 0.32mg,
Epicatechin 3–gallate: 0.32mg, Epicatechin 3–gallate: 0.32mg, Epicatechin 3–gallate: 0.32mg Epigallocatechin 3–
gallate: 0.24mg, Epigallocatechin 3–gallate: 0.24mg, Epigallocatechin 3–gallate: 0.24mg, Epigallocatechin 3–
gallate: 0.24mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin:
0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin:
0.45mg, Luteolin: 0.45mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin:
0.24mg Kaempferol: 4.94mg, Kaempferol: 4.94mg, Kaempferol: 4.94mg, Kaempferol: 4.94mg Myricetin: 0.3mg,
Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg,
Quercetin: 4.81mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 385kcal (19.25%), Fat: 16.06g (24.71%), Saturated Fat: 4.24g (26.48%), Carbohydrates: 34.28g (11.43%),
Net Carbohydrates: 27.49g (9.99%), Sugar: 24.55g (27.27%), Cholesterol: 83.61mg (27.87%), Sodium: 363.77mg
(15.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.14g (58.27%), Vitamin K: 297.46µg (283.29%),
Vitamin C: 145.22mg (176.03%), Vitamin A: 5817.99IU (116.36%), Manganese: 1.62mg (80.98%), Vitamin B3: 13.4mg
(66.99%), Selenium: 38.22µg (54.6%), Vitamin B6: 1.08mg (54.17%), Folate: 177.04µg (44.26%), Phosphorus:
363.84mg (36.38%), Potassium: 1170.62mg (33.45%), Vitamin E: 4.99mg (33.27%), Magnesium: 130.72mg (32.68%),
Fiber: 6.8g (27.19%), Vitamin B2: 0.38mg (22.27%), Vitamin B5: 1.99mg (19.87%), Iron: 3.4mg (18.86%), Copper:
0.31mg (15.66%), Calcium: 137.17mg (13.72%), Vitamin B1: 0.19mg (12.65%), Zinc: 1.57mg (10.45%), Vitamin B12:
0.23µg (3.92%)