



Grilled Chicken and Tomato Salad

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



420 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 5 cups arugula
- ☐ 0.3 teaspoon pepper black
- ☐ 1 cup multicolored cherry tomatoes halved
- ☐ 0.5 cup goat cheese crumbled
- ☐ 10 kalamata olives pitted chopped
- ☐ 0.3 cup olive oil and vinegar salad dressing divided
- ☐ 0.3 cup onion red thinly sliced
- ☐ 0.3 teaspoon salt

☐ 24 ounce chicken breast halves boneless skinless

Equipment

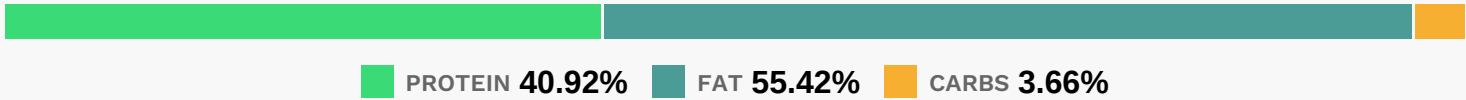
☐ frying pan

☐ grill pan

Directions

- ☐ Heat a large grill pan over medium-high heat.
- ☐ Sprinkle chicken with salt and pepper. Coat pan with cooking spray.
- ☐ Place chicken in pan; cook 6 minutes on each side or until done.
- ☐ While chicken cooks, combine arugula, tomatoes, onion, 3 tablespoons dressing, and olives; toss gently. Arrange about 1 cup salad on each of 4 plates; top each with 2 tablespoons cheese.
- ☐ Brush chicken with remaining 1 tablespoon dressing.
- ☐ Cut chicken into slices. Arrange 1 sliced chicken breast half on each salad.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:0.39, Inflammation Score:-8, Nutrition Score:24.395217838495%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.58mg, Isorhamnetin: 1.58mg, Isorhamnetin: 1.58mg, Isorhamnetin: 1.58mg Kaempferol: 8.79mg, Kaempferol: 8.79mg, Kaempferol: 8.79mg, Kaempferol: 8.79mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg

Nutrients (% of daily need)

Calories: 419.93kcal (21%), Fat: 25.64g (39.44%), Saturated Fat: 7.2g (44.99%), Carbohydrates: 3.8g (1.27%), Net Carbohydrates: 2.61g (0.95%), Sugar: 2.17g (2.41%), Cholesterol: 121.91mg (40.64%), Sodium: 614.62mg (26.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.59g (85.18%), Vitamin B3: 18.17mg (90.87%), Selenium: 55.63µg (79.48%), Vitamin B6: 1.41mg (70.41%), Phosphorus: 456.77mg (45.68%), Vitamin K: 37.66µg (35.86%),

Vitamin B5: 2.79mg (27.9%), Potassium: 830.82mg (23.74%), Vitamin A: 1159.73IU (23.19%), Vitamin E: 3.02mg (20.12%), Vitamin B2: 0.31mg (18.31%), Vitamin C: 15.02mg (18.21%), Magnesium: 66.19mg (16.55%), Copper: 0.32mg (15.91%), Iron: 1.95mg (10.81%), Vitamin B1: 0.16mg (10.66%), Folate: 41.52µg (10.38%), Manganese: 0.2mg (10.12%), Calcium: 100.61mg (10.06%), Zinc: 1.44mg (9.6%), Vitamin B12: 0.39µg (6.57%), Fiber: 1.19g (4.77%), Vitamin D: 0.28µg (1.89%)