



Grilled Chicken and Vegetable Arugula Salad

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



292 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 cups baby arugula
- ☐ 7 tablespoons balsamic vinaigrette light divided (such as Newman's Own)
- ☐ 16 ounce chicken cutlets
- ☐ 2 ounces feta cheese crumbled
- ☐ 4 plum tomatoes halved
- ☐ 1.5 inch onion red (1 medium)
- ☐ 8 ounces zucchini cut in half lengthwise

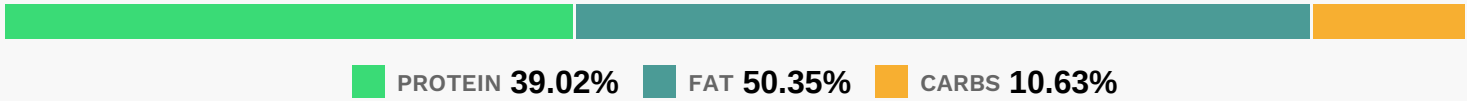
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ Brush chicken with 1 tablespoon vinaigrette.
- ☐ Place chicken, zucchini, and onion on a grill rack coated with cooking spray. Grill 3 to 4 minutes on each side or until chicken is done and vegetables are tender, adding tomato halves to grill rack after 2 minutes. Cook tomato 2 minutes on each side.
- ☐ Remove chicken and vegetables from grill.
- ☐ Cut chicken crosswise into thin slices; coarsely chop vegetables.
- ☐ Combine chicken, vegetables, and remaining 6 tablespoons vinaigrette in a large bowl, tossing to coat.
- ☐ Add arugula and cheese; toss gently.
- ☐ Serve with: Grilled Garlic Bread
- ☐ Serve now or later This salad is delicious served immediately, but leftovers make an equally tasty chilled lunch-to-go. Just be sure to pack the vegetable and chicken mixture, salad greens, and salad dressing in separate containers, and toss them together right before serving.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:1.18, Inflammation Score:-8, Nutrition Score:20.950434617374%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 10.53mg, Kaempferol: 10.53mg, Kaempferol: 10.53mg, Kaempferol: 10.53mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg

Nutrients (% of daily need)

Calories: 291.77kcal (14.59%), Fat: 16.11g (24.79%), Saturated Fat: 3.49g (21.83%), Carbohydrates: 7.66g (2.55%), Net Carbohydrates: 5.85g (2.13%), Sugar: 4.58g (5.09%), Cholesterol: 85.19mg (28.4%), Sodium: 545.16mg (23.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.1g (56.21%), Vitamin B3: 12.68mg (63.42%), Selenium: 38.62µg (55.17%), Vitamin B6: 1.07mg (53.73%), Vitamin K: 40.52µg (38.59%), Phosphorus: 338.21mg (33.82%), Vitamin C: 24.57mg (29.79%), Vitamin A: 1435.61IU (28.71%), Potassium: 835.38mg (23.87%), Vitamin B5: 2.06mg (20.56%), Vitamin B2: 0.32mg (19.07%), Magnesium: 63.4mg (15.85%), Folate: 61.26µg (15.32%), Manganese: 0.29mg (14.48%), Calcium: 141.66mg (14.17%), Vitamin B1: 0.16mg (10.43%), Zinc: 1.5mg (9.97%), Vitamin B12: 0.47µg (7.77%), Iron: 1.33mg (7.38%), Fiber: 1.81g (7.23%), Copper: 0.13mg (6.25%), Vitamin E: 0.77mg (5.15%), Vitamin D: 0.17µg (1.13%)