



Grilled Chicken and Vegetable Salad

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



284 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 cups baby arugula
- 7 tablespoons balsamic vinaigrette light
- 1 lb chicken breast uncooked (not breaded)
- 1 oz feta cheese crumbled
- 4 plum tomatoes cut in half (Roma)
- 1 medium onion red cut into 1/4-inch-thick slices
- 8 oz zucchini cut in half lengthwise

Equipment

bowl

grill

Directions

Heat gas or charcoal grill.

Brush chicken with 1 tablespoon of the dressing. Carefully brush oil on grill rack.

Place chicken, zucchini and onion on grill over medium-high heat. Cover grill; cook 6 to 8 minutes, turning once, or until chicken is no longer pink in center and vegetables are tender.

Add tomato halves to grill for last 4 minutes of cooking time.

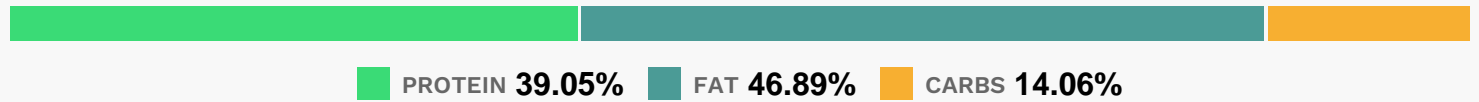
Remove chicken and vegetables from grill.

Cut chicken crosswise into thin slices; coarsely chop vegetables.

In large bowl, toss chicken, vegetables and remaining 6 tablespoons dressing.

Add arugula and cheese; toss gently.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:1.65, Inflammation Score:-8, Nutrition Score:20.734782651715%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 10.7mg, Kaempferol: 10.7mg, Kaempferol: 10.7mg, Kaempferol: 10.7mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 8.69mg, Quercetin: 8.69mg, Quercetin: 8.69mg, Quercetin: 8.69mg

Nutrients (% of daily need)

Calories: 283.61kcal (14.18%), Fat: 14.62g (22.49%), Saturated Fat: 2.56g (16.01%), Carbohydrates: 9.86g (3.29%), Net Carbohydrates: 7.6g (2.76%), Sugar: 5.7g (6.34%), Cholesterol: 78.88mg (26.29%), Sodium: 465.42mg (20.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.39g (54.78%), Vitamin B3: 12.65mg (63.23%), Selenium: 37.69µg (53.84%), Vitamin B6: 1.08mg (53.82%), Vitamin K: 40.5µg (38.57%), Phosphorus: 322.02mg (32.2%), Vitamin C: 26.54mg (32.17%), Vitamin A: 1406.24IU (28.12%), Potassium: 869.74mg (24.85%), Vitamin B5: 2.02mg (20.2%), Magnesium: 64.71mg (16.18%), Manganese: 0.32mg (16.09%), Folate: 64.04µg (16.01%), Vitamin B2:

0.27mg (15.97%), Calcium: 112.83mg (11.28%), Vitamin B1: 0.16mg (10.52%), Fiber: 2.26g (9.03%), Zinc: 1.34mg (8.91%), Iron: 1.34mg (7.44%), Copper: 0.13mg (6.65%), Vitamin B12: 0.35µg (5.78%), Vitamin E: 0.77mg (5.1%)