



Grilled Chicken and Vegetable Salad with Lemon and Pepper Vinaigrette

 Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



460 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 slices carrots
- 0.5 teaspoon dijon mustard
- 1 teaspoon thyme leaves dried
- 0.8 teaspoon fresh-ground pepper black
- 4 teaspoons juice of lemon
- 3 quarts leaf lettuce
- 0.3 cup olive oil

- 1 teaspoon salt
- 2 scallions including tops green chopped
- 0.3 pound mushroom caps
- 1 pound chicken breasts boneless skinless (3)

Equipment

- bowl
- whisk
- grill

Directions

- Light the grill. In a small bowl, combine the 3 tablespoons oil and the thyme. Coat the chicken with about 1 tablespoon of the thyme oil and sprinkle with 1/4 teaspoon of the salt and 1/8 teaspoon of the pepper. Grill the chicken over moderately high heat until just done, about 4 minutes per side.
- Remove and let rest for 5 minutes, and cut diagonally into 1/4-inch pieces.
- In a medium bowl, toss the mushrooms and carrots with the remaining thyme oil, 1/4 teaspoon of the salt, and 1/8 teaspoon of the pepper. Grill the vegetables over moderately high heat, turning, until just done, about 4 minutes per side for the carrots and 6 minutes per side for the mushrooms.
- In a small glass or stainless-steel bowl, whisk together the mustard, lemon juice, and the remaining 1/2 teaspoon salt and 1/2 teaspoon pepper.
- Whisk in the remaining 1/3 cup oil.
- In a large bowl, combine the lettuce, half of the scallions, and all but 2 tablespoons of the vinaigrette. Mound onto plates. Top with the vegetables and chicken.
- Drizzle the remaining vinaigrette over the chicken and top with the remaining scallions.
- Wine Recommendation: Look for a wine that has plenty of acidity to stand up to the vinaigrette. In the warmer months, a white such as a California sauvignon blanc or an Italian pinot grigio will taste best. If you prefer a red wine, try a gamay or pinot noir from California.

Nutrition Facts



■ PROTEIN 28.21% ■ FAT 41.05% ■ CARBS 30.74%

Properties

Glycemic Index:43.71, Glycemic Load:4.4, Inflammation Score:-10, Nutrition Score:49.550435252812%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 459.55kcal (22.98%), Fat: 21.44g (32.99%), Saturated Fat: 3.18g (19.9%), Carbohydrates: 36.12g (12.04%), Net Carbohydrates: 24.52g (8.91%), Sugar: 13.84g (15.37%), Cholesterol: 72.57mg (24.19%), Sodium: 1006.83mg (43.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.16g (66.31%), Vitamin A: 73038.43IU (1460.77%), Vitamin C: 139.51mg (169.1%), Manganese: 2.47mg (123.39%), Vitamin B6: 1.82mg (90.97%), Vitamin B3: 17.02mg (85.11%), Folate: 306.74µg (76.69%), Potassium: 2303.07mg (65.8%), Selenium: 42.57µg (60.81%), Vitamin B1: 0.87mg (58.3%), Vitamin B2: 0.96mg (56.65%), Phosphorus: 522.81mg (52.28%), Fiber: 11.61g (46.43%), Iron: 7.84mg (43.58%), Vitamin K: 44.5µg (42.38%), Vitamin E: 5.81mg (38.71%), Magnesium: 145.07mg (36.27%), Calcium: 313.95mg (31.4%), Vitamin B5: 2.39mg (23.92%), Zinc: 2.71mg (18.09%), Copper: 0.14mg (6.98%), Vitamin B12: 0.23µg (3.78%), Vitamin D: 0.23µg (1.51%)