



WHATSheATE



Grilled Chicken Breasts with Raw Corn & Grilled Bread Salad

READY IN



20 min.

SERVINGS



4

CALORIES



506 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cup arugula packed
- ☐ 2 teaspoon thyme leaves fresh
- ☐ 1 cup lemon balm leaves packed
- ☐ 4 servings olive oil extra-virgin as needed
- ☐ 4 servings parmesan cheese to taste
- ☐ 4 slice rustic bread
- ☐ 4 servings salt and pepper as needed
- ☐ 0.5 cup vinaigrette of you choice good

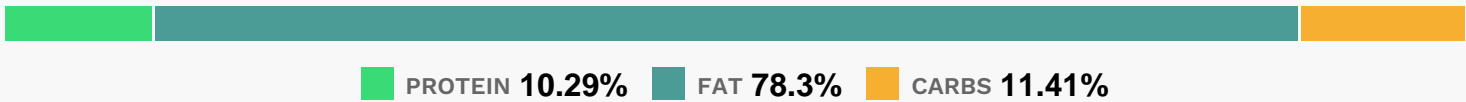
Equipment

- ☐ bowl
- ☐ grill
- ☐ peeler
- ☐ grater

Directions

- ☐ Prepare the grill and let it burn down to medium-hot coals.
- ☐ Brush the chicken on both sides with olive oil and season with salt and pepper. Grill over the coals, skin side down, until well-browned. Move the breast to the edges of the grill, off direct heat, and cook covered, turning often until fully cooked about 12 minutes; depending on your grill heat.
- ☐ Brush the bread slices with olive oil and season with salt. Grill bread on both sides til golden brown.
- ☐ Remove from heat and tear into bite sized pieces.While the chicken continues to cook, assemble the salad.
- ☐ Combine corn kernels, arugula, lemon balm, thyme leaves and bread chunks in a bowl.
- ☐ Add the vinaigrette and a bit more salt and pepper. Toss well to combine. With a grater or vegetable peeler top the salad with Parmesan cheese.To serve, arrange the chicken breasts on plates and pile the salad alongside. It may be served warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:0.41, Inflammation Score:-9, Nutrition Score:12.098261066105%

Flavonoids

Eriodictyol: 3.48mg, Eriodictyol: 3.48mg, Eriodictyol: 3.48mg, Eriodictyol: 3.48mg Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg Apigenin: 0.64mg, Apigenin: 0.64mg, Apigenin: 0.64mg, Apigenin: 0.64mg Luteolin: 1.89mg, Luteolin: 1.89mg, Luteolin: 1.89mg, Luteolin: 1.89mg Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg Kaempferol: 5.23mg, Kaempferol: 5.23mg, Kaempferol: 5.23mg, Kaempferol: 5.23mg

5.23mg, Kaempferol: 5.23mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 505.91kcal (25.3%), Fat: 44.69g (68.75%), Saturated Fat: 13.58g (84.9%), Carbohydrates: 14.65g (4.88%), Net Carbohydrates: 12.67g (4.61%), Sugar: 7.51g (8.34%), Cholesterol: 20.4mg (6.8%), Sodium: 756.81mg (32.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.21g (26.42%), Vitamin K: 56.16µg (53.49%), Calcium: 410.85mg (41.08%), Vitamin E: 3.59mg (23.91%), Phosphorus: 232.67mg (23.27%), Vitamin A: 1115.66IU (22.31%), Folate: 42.53µg (10.63%), Selenium: 7.3µg (10.42%), Manganese: 0.2mg (10.21%), Vitamin B2: 0.17mg (9.71%), Iron: 1.71mg (9.51%), Vitamin C: 7.43mg (9%), Magnesium: 34.26mg (8.56%), Fiber: 1.98g (7.92%), Zinc: 1.08mg (7.19%), Vitamin B3: 1.24mg (6.19%), Vitamin B12: 0.36µg (6%), Potassium: 199.13mg (5.69%), Vitamin B1: 0.06mg (3.73%), Copper: 0.06mg (3.19%), Vitamin B6: 0.06mg (2.81%), Vitamin B5: 0.24mg (2.44%)