



## Grilled Chicken Breasts with Shiitake Mushroom Vinaigrette

 Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



556 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 tablespoons balsamic vinegar
- 6 tablespoons canola oil
- 32 ounces chicken breasts bone-in , skin on
- 4 tablespoons flat-leaf parsley finely chopped for garnish
- 3 tablespoons olive oil extra-virgin
- 4 servings salt and pepper black freshly ground
- 5 large mushroom caps

- 1 teaspoon whole-grain mustard

## Equipment

- bowl
- whisk
- grill

## Directions

- Watch how to make this recipe.
- Heat the grill to high.
- Brush both sides of the mushroom caps with 4 tablespoons of the canola oil and season with salt and pepper.
- Place on the grill, cap side down and grill until golden brown and slightly charred, 4 to 5 minutes. Turn the mushrooms over and continue cooking until just cooked through, 3 to 4 minutes longer.
- Remove from the grill and coarsely chop.
- Whisk together the shallots, vinegar, extra virgin olive oil and parsley in a medium bowl until combined and season with salt and pepper.
- Add the mushrooms and stir to coat.
- Let sit at room temperature for at least 15 minutes before serving.
- Brush both sides of the chicken with the remaining canola oil and season with salt and pepper.
- Place on the grill, skin side down and grill until golden brown, 4 to 5 minutes. Flip over, reduce the heat of the grill to medium, close the cover and continue grilling until just cooked through, about 7 minutes longer.
- Remove chicken from the grill and let rest 5 minutes before serving.
- Serve 1 breast per person topped with some of the shiitake vinaigrette.
- Garnish with parsley leaves.

## Nutrition Facts



■ PROTEIN 35.64% ■ FAT 61.71% ■ CARBS 2.65%

## Properties

Glycemic Index:44.5, Glycemic Load:1.32, Inflammation Score:-6, Nutrition Score:27.325217371402%

## Flavonoids

Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 555.97kcal (27.8%), Fat: 37.54g (57.75%), Saturated Fat: 4.29g (26.81%), Carbohydrates: 3.62g (1.21%), Net Carbohydrates: 2.97g (1.08%), Sugar: 2.26g (2.51%), Cholesterol: 145.15mg (48.38%), Sodium: 283.64mg (12.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.78g (97.56%), Vitamin B3: 24.39mg (121.97%), Selenium: 74.01µg (105.72%), Vitamin B6: 1.75mg (87.74%), Vitamin K: 87.53µg (83.36%), Phosphorus: 501.98mg (50.2%), Vitamin E: 5.65mg (37.69%), Vitamin B5: 3.52mg (35.15%), Potassium: 931.25mg (26.61%), Magnesium: 66.68mg (16.67%), Vitamin B2: 0.27mg (15.86%), Zinc: 1.56mg (10.38%), Vitamin B1: 0.15mg (10.25%), Vitamin C: 8.05mg (9.75%), Vitamin A: 406.43IU (8.13%), Vitamin B12: 0.45µg (7.56%), Iron: 1.33mg (7.41%), Manganese: 0.11mg (5.72%), Copper: 0.1mg (4.87%), Folate: 17.53µg (4.38%), Fiber: 0.65g (2.59%), Calcium: 21.79mg (2.18%), Vitamin D: 0.3µg (1.98%)