



Grilled-Chicken Chopped Salad



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



317 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup apple juice
- ☐ 0.5 teaspoon pepper black
- ☐ 1.5 pounds chicken cutlets
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 1 large onion red sliced into 1/2-inch-thick rings
- ☐ 4 roma tomatoes (plum)
- ☐ 5 ounce salad greens

- ☐ 0.3 cup vinegar white
- ☐ 0.3 cup whole-grain mustard
- ☐ 4 small zucchini cut lengthwise into 1/2-inch-thick slices

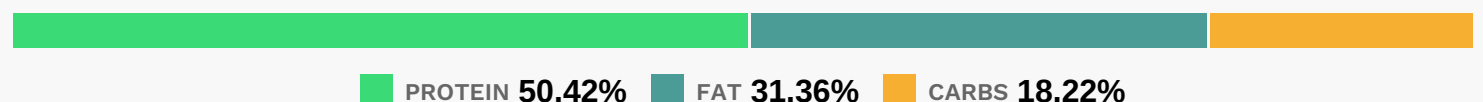
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ whisk
- ☐ grill
- ☐ ziploc bags
- ☐ cutting board

Directions

- ☐ In a medium bowl, whisk together the mustard, apple juice, vinegar, 2 tablespoons water, 1/4 teaspoon of the pepper, and 1/2 cup of the oil.
- ☐ Transfer 1/2 cup of the mixture to a large resealable plastic bag and refrigerate the rest. Rinse the chicken and pat dry with paper towels.
- ☐ Add to the bag, seal, and refrigerate for 20 minutes. Meanwhile, heat grill to medium.
- ☐ Place the zucchini, tomatoes, and onion on a baking sheet.
- ☐ Add the salt and the remaining oil and pepper and toss. Grill the chicken and vegetables, turning occasionally, for about 10 minutes total.
- ☐ Transfer to a cutting board and roughly chop the ingredients. Divide the salad greens among individual bowls and top with the chicken, vegetables, and the reserved dressing. Tip: You can vary the vegetables depending on what's plentiful at the farmers' market or in your vegetable bin. Asparagus and sliced bell peppers taste terrific with the vinaigrette and take approximately the same amount of time to grill.

Nutrition Facts



Properties

Glycemic Index:58.69, Glycemic Load:3.06, Inflammation Score:-8, Nutrition Score:27.304783028105%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6.9mg, Quercetin: 6.9mg, Quercetin: 6.9mg, Quercetin: 6.9mg

Nutrients (% of daily need)

Calories: 316.79kcal (15.84%), Fat: 10.93g (16.82%), Saturated Fat: 1.89g (11.82%), Carbohydrates: 14.29g (4.76%), Net Carbohydrates: 11.1g (4.04%), Sugar: 8.96g (9.95%), Cholesterol: 108.86mg (36.29%), Sodium: 683.76mg (29.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.55g (79.1%), Vitamin B3: 18.98mg (94.91%), Selenium: 60.36µg (86.23%), Vitamin B6: 1.59mg (79.72%), Vitamin C: 42.25mg (51.22%), Phosphorus: 458.73mg (45.87%), Potassium: 1243.79mg (35.54%), Vitamin B5: 2.86mg (28.62%), Manganese: 0.52mg (26.09%), Vitamin A: 1219.33IU (24.39%), Magnesium: 88.55mg (22.14%), Vitamin B2: 0.33mg (19.64%), Vitamin B1: 0.24mg (16.29%), Folate: 63.89µg (15.97%), Vitamin K: 14.32µg (13.63%), Fiber: 3.19g (12.74%), Zinc: 1.7mg (11.35%), Vitamin E: 1.64mg (10.95%), Iron: 1.86mg (10.34%), Copper: 0.19mg (9.66%), Calcium: 59.1mg (5.91%), Vitamin B12: 0.34µg (5.67%), Vitamin D: 0.17µg (1.13%)