



Grilled Chicken, Corn, and Spinach Salad with Smoky Paprika Dressing



Gluten Free



Dairy Free

READY IN



160 min.

SERVINGS



4

CALORIES



250 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 5 oz baby spinach packed
- ☐ 2 ears corn
- ☐ 2 spring onion cut into 2-in. slivers
- ☐ 1 tsp kosher salt
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 1 teaspoon oregano dried
- ☐ 4 teaspoons paprika smoked sweet spanish hot

- ☐ 0.5 teaspoon pepper
- ☐ 2 portabello mushrooms trimmed
- ☐ 1 shallots minced
- ☐ 0.3 cup sherry vinegar
- ☐ 1 pound chicken breast halves

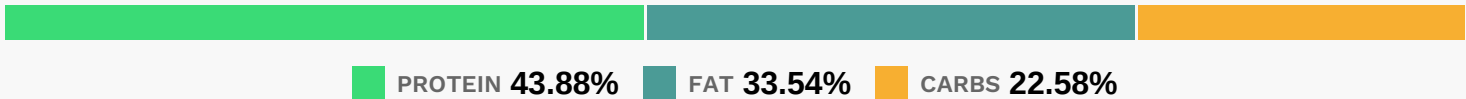
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Whisk oil, vinegar, shallot, paprika, 1 tsp. salt, the oregano, and pepper in a medium bowl. Chill 1/2 cup of dressing.
- ☐ Add chicken to remaining dressing, turn to coat, and chill, covered, at least 1 1/2 hours or overnight.
- ☐ Let chicken and reserved dressing stand at room temperature about 30 minutes.
- ☐ Meanwhile, heat grill to medium (350 to 450).
- ☐ Transfer chicken to a plate.
- ☐ Add corn and mushrooms to marinade and brush to coat. Grill vegetables and chicken, turning once, until vegetables are streaked brown and chicken is no longer pink in center, 15 to 20 minutes for corn and 12 to 18 minutes for chicken and mushrooms.
- ☐ Transfer to a board as done.
- ☐ Cut warm corn kernels from cobs into a large bowl.
- ☐ Cut chicken and mushrooms into strips; then add to bowl, along with spinach, onions, and reserved dressing, and toss to coat. Season with salt if you like.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:0.6, Inflammation Score:-10, Nutrition Score:29.589999722398%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 2.34mg, Kaempferol: 2.34mg, Kaempferol: 2.34mg, Kaempferol: 2.34mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 249.95kcal (12.5%), Fat: 9.53g (14.67%), Saturated Fat: 1.64g (10.24%), Carbohydrates: 14.44g (4.81%), Net Carbohydrates: 10.89g (3.96%), Sugar: 4.88g (5.42%), Cholesterol: 72.57mg (24.19%), Sodium: 755.98mg (32.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.07g (56.14%), Vitamin K: 192.37µg (183.21%), Vitamin A: 4496.11IU (89.92%), Vitamin B3: 15.04mg (75.2%), Selenium: 45µg (64.28%), Vitamin B6: 1.1mg (54.82%), Phosphorus: 355.49mg (35.55%), Potassium: 990.35mg (28.3%), Manganese: 0.56mg (28.1%), Folate: 112.12µg (28.03%), Vitamin B5: 2.52mg (25.21%), Magnesium: 82.59mg (20.65%), Vitamin C: 16.11mg (19.53%), Vitamin B2: 0.29mg (17.26%), Vitamin E: 2.46mg (16.42%), Iron: 2.64mg (14.67%), Fiber: 3.56g (14.22%), Vitamin B1: 0.21mg (13.97%), Copper: 0.25mg (12.71%), Zinc: 1.43mg (9.55%), Calcium: 64.53mg (6.45%), Vitamin B12: 0.25µg (4.13%), Vitamin D: 0.24µg (1.6%)