



Grilled Chicken Garden Salad



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



252 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 lb asparagus fresh
- ☐ 2 tablespoons canola oil
- ☐ 1.5 teaspoons rosemary dried
- ☐ 2 teaspoons garlic finely chopped
- ☐ 2 cups grape tomatoes cut in half
- ☐ 0.5 cup honey dijon mustard refrigerated reduced-fat
- ☐ 1 cup onion red thinly sliced
- ☐ 5 oz the salad

- ☐ 1 teaspoon lawry's seasoned salt
- ☐ 24 oz chicken breast boneless skinless

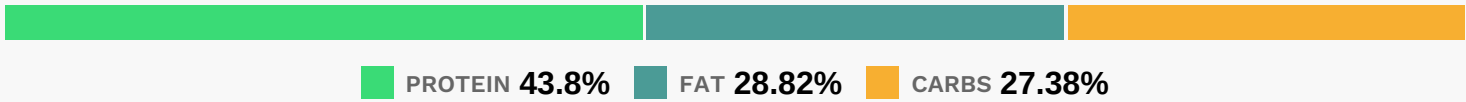
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Snap or cut off tough ends of asparagus spears; place spears in shallow glass dish.
- ☐ Drizzle with 1 teaspoon of the oil; turn to coat. Cover; refrigerate until grilling time.
- ☐ In small bowl, mix remaining oil, the garlic, rosemary and seasoned salt. Rub both sides of each chicken breast with oil mixture; place in another shallow dish. Cover; refrigerate 30 minutes to marinate.
- ☐ Heat gas or charcoal grill.
- ☐ Place chicken on grill over medium heat. Cover grill; cook chicken 15 to 20 minutes, turning once or twice and adding asparagus after 7 minutes, until juice of chicken is clear when center of thickest part is cut (170F). Cook asparagus 6 to 8 minutes, turning frequently, until crisp-tender.
- ☐ Cut asparagus into 1-inch pieces. In large bowl, toss asparagus, salad greens, tomatoes and onion.
- ☐ Pour dressing over salad; toss to coat.
- ☐ Cut chicken into strips; serve over salad.

Nutrition Facts



Properties

Glycemic Index:32.83, Glycemic Load:1.59, Inflammation Score:-8, Nutrition Score:20.437391322592%

Flavonoids

Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 5.65mg, Isorhamnetin: 5.65mg, Isorhamnetin: 5.65mg,

Isorhamnetin: 5.65mg Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 16.29mg, Quercetin: 16.29mg, Quercetin: 16.29mg, Quercetin: 16.29mg

Nutrients (% of daily need)

Calories: 252.11kcal (12.61%), Fat: 7.85g (12.07%), Saturated Fat: 1.05g (6.54%), Carbohydrates: 16.76g (5.59%), Net Carbohydrates: 14.1g (5.13%), Sugar: 8.02g (8.91%), Cholesterol: 72.57mg (24.19%), Sodium: 634.26mg (27.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.83g (53.66%), Vitamin B3: 13.03mg (65.15%), Selenium: 38.4µg (54.85%), Vitamin B6: 1.02mg (51.08%), Vitamin K: 39.05µg (37.19%), Phosphorus: 307.86mg (30.79%), Vitamin A: 1289.05IU (25.78%), Vitamin C: 20.18mg (24.46%), Potassium: 773.89mg (22.11%), Vitamin B5: 1.93mg (19.34%), Folate: 65.21µg (16.3%), Vitamin B1: 0.22mg (14.7%), Vitamin B2: 0.25mg (14.69%), Vitamin E: 2.16mg (14.4%), Manganese: 0.28mg (14.02%), Iron: 2.4mg (13.36%), Magnesium: 51.11mg (12.78%), Copper: 0.23mg (11.42%), Fiber: 2.67g (10.67%), Zinc: 1.26mg (8.39%), Calcium: 40.35mg (4.04%), Vitamin B12: 0.23µg (3.78%)