



Grilled Chicken Greek Salad

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



453 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 30 oz garbanzo beans drained and rinsed canned
- ☐ 1 cup flat parsley
- ☐ 1 tablespoon garlic divided minced
- ☐ 6 ounces yogurt crumbled
- ☐ 1.5 teaspoons ground cumin divided
- ☐ 1 teaspoon kosher salt divided
- ☐ 3 tablespoons juice of lemon divided
- ☐ 3 tablespoons olive oil divided

- ☐ 1 teaspoon pepper divided
- ☐ 0.5 bell pepper red sliced
- ☐ 0.5 onion red thinly sliced
- ☐ 2 tablespoons tahini (sesame paste)
- ☐ 2 tomatoes chopped
- ☐ 2 chicken breast halves (1 lb. total)

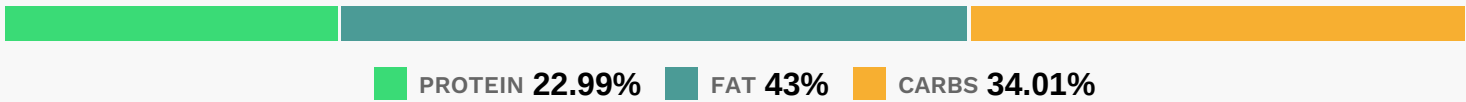
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Heat grill to high (450 to 550).
- ☐ Mix 1 tbsp. each lemon juice and oil, 1 tsp. garlic, and 1/2 tsp. each salt, pepper, and cumin in a medium bowl.
- ☐ Add chicken and turn to coat.
- ☐ Grill chicken, turning once, until cooked through and browned, about 10 minutes.
- ☐ Let rest, covered, 5 minutes.
- ☐ Whisk together remaining 2 tbsp. each lemon juice and oil, 2 tsp. garlic, 1/2 tsp. each salt and pepper, and 1 tsp. cumin with the tahini in a large bowl.
- ☐ Add chickpeas, tomatoes, onion, and bell pepper and toss to coat. Divide among 4 plates. Slice chicken and set on top.
- ☐ Sprinkle salads with parsley and cheese.

Nutrition Facts



Properties

Glycemic Index:59.08, Glycemic Load:9.3, Inflammation Score:-9, Nutrition Score:35.109565216562%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 2.34mg, Myricetin: 2.34mg, Myricetin: 2.34mg, Myricetin: 2.34mg Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg

Nutrients (% of daily need)

Calories: 453.44kcal (22.67%), Fat: 22.37g (34.41%), Saturated Fat: 3.97g (24.82%), Carbohydrates: 39.8g (13.27%), Net Carbohydrates: 28.03g (10.19%), Sugar: 5.17g (5.74%), Cholesterol: 40.84mg (13.61%), Sodium: 1276.53mg (55.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.91g (53.82%), Vitamin K: 259.1µg (246.76%), Manganese: 2.01mg (100.45%), Vitamin B6: 1.62mg (80.84%), Vitamin C: 55.23mg (66.94%), Vitamin A: 2393.09IU (47.86%), Fiber: 11.77g (47.07%), Phosphorus: 435.01mg (43.5%), Vitamin B3: 7.5mg (37.49%), Selenium: 25.97µg (37.1%), Copper: 0.57mg (28.44%), Iron: 5.02mg (27.88%), Potassium: 956.6mg (27.33%), Magnesium: 107.39mg (26.85%), Folate: 107.14µg (26.79%), Vitamin B1: 0.31mg (20.39%), Calcium: 189.81mg (18.98%), Vitamin B5: 1.79mg (17.85%), Zinc: 2.67mg (17.78%), Vitamin E: 2.38mg (15.87%), Vitamin B2: 0.21mg (12.12%), Vitamin D: 0.61µg (4.06%), Vitamin B12: 0.14µg (2.38%)