



Grilled Chicken Paillard with Lemon and Black Pepper and Arugula-Tomato Salad

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 pound arugula
- 2 beefsteak tomatoes diced ripe
- 0.3 teaspoon coarsely ground pepper fresh black
- 1 halves optional: lemon for garnish
- 0.3 cup juice of lemon freshly squeezed
- 0.3 cup olive oil pure
- 2 tablespoons olive oil extra-virgin for garnish

- 1 small onion red peeled halved thinly sliced
- 2 tablespoons red wine vinegar
- 4 servings salt
- 1 small shallots chopped
- 4 chicken breasts boneless skinless

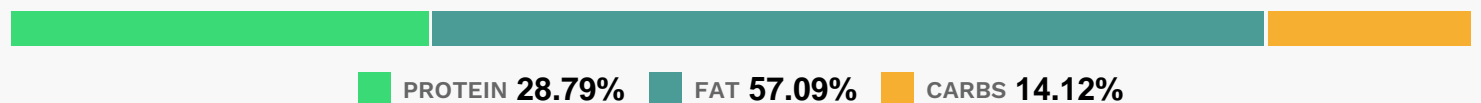
Equipment

- bowl
- whisk
- baking pan
- grill

Directions

- Watch how to make this recipe.
- Whisk together lemon juice, shallot, olive oil and black pepper in a large baking dish.
- Add the chicken, turn to coat and marinate in the refrigerator for 30 minutes.
- Preheat grill to high.
- Remove chicken from marinade, season with salt on both sides and grill for 2 to 3 minutes per side or until golden brown and just cooked through.
- Combine arugula, tomatoes and onions in a large bowl, toss with the vinegar and oil and season with salt and pepper, to taste.
- Place each paillard on a large plate, drizzle with extra-virgin olive oil and top with some of the arugula-tomato salad.
- Garnish with lemon halves.

Nutrition Facts



Properties

Glycemic Index:46.13, Glycemic Load:2.95, Inflammation Score:-10, Nutrition Score:27.34043475856%

Flavonoids

Eriodictyol: 0.8mg, Eriodictyol: 0.8mg, Eriodictyol: 0.8mg, Eriodictyol: 0.8mg Hesperetin: 2.28mg, Hesperetin: 2.28mg, Hesperetin: 2.28mg, Hesperetin: 2.28mg Naringenin: 1.37mg, Naringenin: 1.37mg, Naringenin: 1.37mg, Naringenin: 1.37mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg Kaempferol: 20.11mg, Kaempferol: 20.11mg, Kaempferol: 20.11mg, Kaempferol: 20.11mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 11.12mg, Quercetin: 11.12mg, Quercetin: 11.12mg, Quercetin: 11.12mg

Nutrients (% of daily need)

Calories: 375.48kcal (18.77%), Fat: 24.22g (37.26%), Saturated Fat: 3.59g (22.42%), Carbohydrates: 13.48g (4.49%), Net Carbohydrates: 9.78g (3.56%), Sugar: 7.68g (8.54%), Cholesterol: 72.32mg (24.11%), Sodium: 351.72mg (15.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.48g (54.96%), Vitamin K: 88.16µg (83.97%), Vitamin B3: 13.03mg (65.14%), Vitamin A: 2797.92IU (55.96%), Vitamin B6: 1.09mg (54.3%), Selenium: 36.57µg (52.24%), Vitamin C: 41.76mg (50.62%), Phosphorus: 321.37mg (32.14%), Potassium: 1112.13mg (31.78%), Vitamin E: 4.36mg (29.07%), Folate: 95.47µg (23.87%), Manganese: 0.47mg (23.41%), Vitamin B5: 2.08mg (20.83%), Magnesium: 80.24mg (20.06%), Fiber: 3.7g (14.8%), Calcium: 124.31mg (12.43%), Vitamin B2: 0.21mg (12.08%), Vitamin B1: 0.18mg (12.03%), Iron: 2.01mg (11.19%), Copper: 0.2mg (9.76%), Zinc: 1.29mg (8.63%), Vitamin B12: 0.23µg (3.77%)