



Grilled Chicken & Pineapple Salad with Pineapple-Serrano Dressing

 Gluten Free  Dairy Free  Low Fod Map

READY IN



35 min.

SERVINGS



35

CALORIES



57 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 1 small jicama peeled cut into matchlike sticks
- 1 Tbsp juice of lime
- 1 pineapple fresh peeled cut lengthwise into 1/2-inch-thick slices
- 1 bell pepper red cut into thin strips
- 8 cups tightly salad greens mixed packed
- 1 serrano chile

2 lb chicken breasts boneless skinless

Equipment

blender

grill

Directions

Heat grill to medium heat.

Grill chicken 5 to 7 min. on each side or until done (165F). Meanwhile, grill pineapple slices and chile 8 to 10 min. or until tender, turning occasionally.

Cut pineapple into 1/2-inch chunks. Blend dressing, 2/3 cup pineapple chunks and chile in blender until smooth.

Cut chicken into strips.

Combine chicken, dressing mixture, remaining pineapple chunks and all remaining ingredients except lime juice.

Drizzle with lime juice.

Nutrition Facts



PROTEIN 40.92% **FAT 22.5%** **CARBS 36.58%**

Properties

Glycemic Index:3.02, Glycemic Load:1.88, Inflammation Score:-3, Nutrition Score:5.4782609570286%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 57.01kcal (2.85%), Fat: 1.44g (2.21%), Saturated Fat: 0.25g (1.58%), Carbohydrates: 5.26g (1.75%), Net Carbohydrates: 4.31g (1.57%), Sugar: 3.25g (3.62%), Cholesterol: 16.59mg (5.53%), Sodium: 66.62mg (2.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.88g (11.77%), Vitamin C: 21.47mg (26.02%), Vitamin B3: 2.94mg (14.72%), Manganese: 0.27mg (13.43%), Vitamin B6: 0.25mg (12.39%), Selenium: 8.5µg (12.14%), Phosphorus: 63.46mg (6.35%), Vitamin A: 238.31IU (4.77%), Potassium: 166.47mg (4.76%), Vitamin B5: 0.46mg

(4.61%), Fiber: 0.95g (3.81%), Magnesium: 12.75mg (3.19%), Folate: 11.97µg (2.99%), Vitamin B1: 0.04mg (2.97%), Vitamin B2: 0.04mg (2.64%), Copper: 0.05mg (2.33%), Vitamin K: 2.33µg (2.22%), Iron: 0.32mg (1.76%), Vitamin E: 0.23mg (1.55%), Zinc: 0.23mg (1.53%)