



Grilled Chicken Pita Salad

READY IN



30 min.

SERVINGS



4

CALORIES



480 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 bunch asparagus trimmed cut in half lengthwise
- ☐ 2 cups baby arugula loosely packed
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 4 ounces block feta cheese
- ☐ 2 cups grape tomatoes halved
- ☐ 0.5 cup kalamata olives pitted
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 6 tbsp olive oil extra-virgin divided
- ☐ 1 tablespoon oregano leaves fresh

- ☐ 2 cups pita chips
- ☐ 2 boned (1 lb. total)

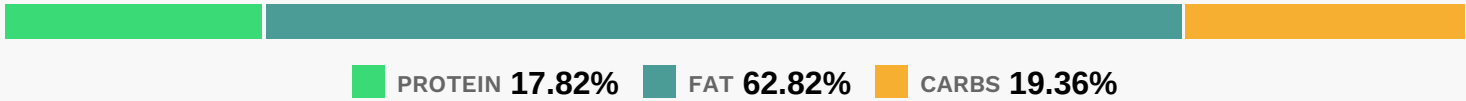
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ grill

Directions

- ☐ Prepare a charcoal or gas grill for high heat (450 to 550; you can hold your hand 5 in. above cooking grate only 2 to 4 seconds). Coat chicken breasts with 1 tbsp. oil and cook, turning once, until no longer pink in the center and grill marks appear, about 7 minutes total.
- ☐ Let rest 10 minutes, then slice.
- ☐ Meanwhile, in a small bowl, whisk lemon juice, 1/3 cup oil, oregano, and pepper; set aside. Bring a medium pot of salted water to a boil, drop in asparagus, and cook until bright green, about 2 minutes.
- ☐ Drain and rinse thoroughly with cold water.
- ☐ In a medium bowl, combine chicken, cheese, asparagus, tomatoes, olives, and pita chips.
- ☐ Pour reserved dressing over mixture and toss gently to coat.
- ☐ Add arugula and toss once more just to combine.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:1.81, Inflammation Score:-10, Nutrition Score:27.593478073245%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.12mg,

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 6.84mg, Isorhamnetin: 6.84mg, Isorhamnetin: 6.84mg, Isorhamnetin: 6.84mg Kaempferol: 5.12mg, Kaempferol: 5.12mg, Kaempferol: 5.12mg, Kaempferol: 5.12mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 16.98mg, Quercetin: 16.98mg, Quercetin: 16.98mg, Quercetin: 16.98mg

Nutrients (% of daily need)

Calories: 480.48kcal (24.02%), Fat: 34.46g (53.01%), Saturated Fat: 7.69g (48.04%), Carbohydrates: 23.89g (7.96%), Net Carbohydrates: 18.58g (6.76%), Sugar: 5.52g (6.13%), Cholesterol: 61.39mg (20.46%), Sodium: 823.77mg (35.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.99g (43.98%), Vitamin K: 85.5µg (81.42%), Vitamin E: 7.1mg (47.34%), Vitamin B3: 9.19mg (45.96%), Selenium: 31.47µg (44.95%), Vitamin A: 1934.37IU (38.69%), Vitamin B6: 0.76mg (37.79%), Phosphorus: 322.85mg (32.28%), Vitamin B2: 0.54mg (32.05%), Folate: 121.37µg (30.34%), Manganese: 0.53mg (26.55%), Vitamin C: 21.62mg (26.2%), Iron: 4.71mg (26.17%), Vitamin B1: 0.39mg (25.79%), Calcium: 226.77mg (22.68%), Fiber: 5.31g (21.25%), Potassium: 725.95mg (20.74%), Copper: 0.35mg (17.4%), Vitamin B5: 1.62mg (16.21%), Magnesium: 61.86mg (15.47%), Zinc: 2.15mg (14.37%), Vitamin B12: 0.59µg (9.87%), Vitamin D: 0.17µg (1.13%)