



## Grilled Chicken Salad

READY IN



45 min.

SERVINGS



6

CALORIES



144 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 large chicken breast boneless skinless
- 2 tablespoons grapeseed oil
- 1 serving kosher salt
- 1 serving pepper black
- 0.8 cup greek yogurt
- 10 oz enchilada sauce green canned
- 4 oz chilis green chopped canned
- 3 stalks celery
- 3 large spring onion

1 serving flour tortilla

## Equipment

mixing bowl

grill

## Directions

Preheat grill to high heat.

Coat the chicken breasts with the grapeseed oil and salt and pepper.

Grill the chicken for 10 – 15 minutes per side or until no longer pink and the juices run clear.

Remove the chicken from the grill and set aside until cool enough to handle.

While the chicken is grilling cut the celery and green onions into small dice.

In a small mixing bowl add the yogurt, enchilada sauce, chopped chili, celery and green onions. Stir. Season with salt and pepper to taste.

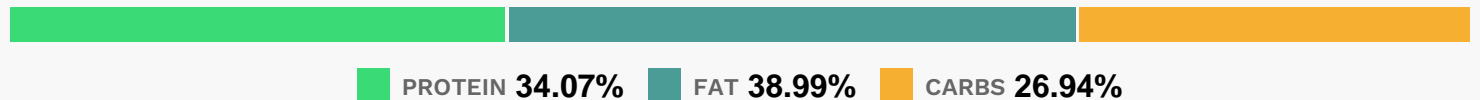
Once the chicken has cooled, cut into small pieces, there will be about 4 cups of meat.

Place into a large mixing bowl.

Add the yogurt dressing. Stir.

Serve with lettuce leaf cups or flour tortillas.

## Nutrition Facts



## Properties

Glycemic Index:30.67, Glycemic Load:1.06, Inflammation Score:-5, Nutrition Score:9.3882608776507%

## Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

## Nutrients (% of daily need)

Calories: 144.45kcal (7.22%), Fat: 6.24g (9.61%), Saturated Fat: 0.85g (5.33%), Carbohydrates: 9.71g (3.24%), Net Carbohydrates: 7.76g (2.82%), Sugar: 4.71g (5.24%), Cholesterol: 25.36mg (8.45%), Sodium: 624.48mg (27.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.28g (24.55%), Vitamin K: 32.2µg (30.66%), Selenium: 15.86µg (22.65%), Vitamin B3: 4.45mg (22.25%), Vitamin B6: 0.35mg (17.31%), Phosphorus: 134.93mg (13.49%), Vitamin C: 10.83mg (13.13%), Vitamin A: 565.78IU (11.32%), Vitamin E: 1.54mg (10.27%), Vitamin B2: 0.15mg (8.77%), Folate: 33.37µg (8.34%), Potassium: 288.95mg (8.26%), Fiber: 1.95g (7.79%), Vitamin B5: 0.7mg (7.02%), Iron: 1.1mg (6.11%), Calcium: 60.83mg (6.08%), Magnesium: 19.13mg (4.78%), Vitamin B1: 0.07mg (4.52%), Vitamin B12: 0.25µg (4.17%), Manganese: 0.08mg (3.77%), Zinc: 0.47mg (3.13%), Copper: 0.04mg (1.86%)