



Grilled Chicken Salad

 Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



410 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 6 servings grilled chicken with yogurt-tahini sauce
- ☐ 6 servings grilled chicken with yogurt-tahini sauce
- ☐ 2 teaspoons dijon mustard
- ☐ 4 ounces feta cheese crumbled
- ☐ 8 cups the salad mixed packed
- ☐ 12 kalamata olives pitted
- ☐ 0.8 cup olive oil extra virgin extra-virgin

☐ 6 servings salt and pepper

Equipment

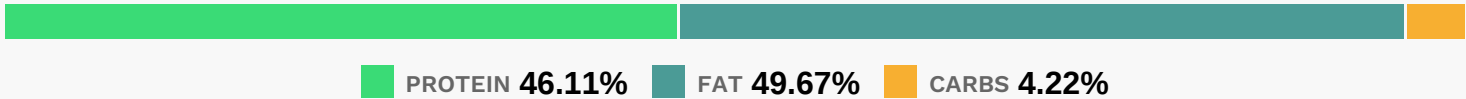
☐ bowl

☐ whisk

Directions

- ☐ Place greens in a large, shallow bowl. Arrange grilled chicken and vegetables on top of greens. Scatter feta, chickpeas and olives on salad.
- ☐ Combine balsamic vinegar and mustard in a small bowl. While whisking constantly, drizzle in olive oil in a steady stream. Season with salt and pepper. Toss salad with about 1/2 cup vinaigrette.
- ☐ Serve immediately, passing remaining vinaigrette on the side.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:0.88, Inflammation Score:-6, Nutrition Score:18.594347813855%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg

Nutrients (% of daily need)

Calories: 409.91kcal (20.5%), Fat: 22.05g (33.93%), Saturated Fat: 6.51g (40.67%), Carbohydrates: 4.21g (1.4%), Net Carbohydrates: 3.87g (1.41%), Sugar: 1.26g (1.4%), Cholesterol: 144.32mg (48.11%), Sodium: 695.69mg (30.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.06g (92.12%), Vitamin B3: 13.91mg (69.53%), Selenium: 45.51µg (65.01%), Phosphorus: 414.53mg (41.45%), Vitamin B6: 0.82mg (41.17%), Vitamin B2: 0.44mg (25.75%), Zinc: 3.26mg (21.74%), Vitamin B5: 1.91mg (19.06%), Vitamin A: 787.95IU (15.76%), Vitamin C: 12.38mg (15.01%), Iron: 2.67mg (14.84%), Potassium: 507.67mg (14.5%), Vitamin B12: 0.81µg (13.54%), Calcium: 128.05mg (12.81%), Magnesium: 47.8mg (11.95%), Vitamin B1: 0.16mg (10.36%), Folate: 34.64µg (8.66%), Vitamin E: 1.12mg (7.48%), Copper: 0.14mg (7.13%), Manganese: 0.13mg (6.53%), Vitamin K: 3.73µg (3.55%), Fiber: 0.34g (1.34%)