



Grilled Chicken Salad

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



395 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 0.3 cup celery finely chopped
- ☐ 4 chicken breast halves bone-in
- ☐ 1 tablespoon ginger fresh grated peeled
- ☐ 3 garlic cloves minced
- ☐ 1 cup grapes green seedless
- ☐ 0.5 teaspoon ground pepper red
- ☐ 3 tablespoons juice of lemon fresh

- ☐ 1.5 cups yogurt 2% greek-style reduced-fat (such as Fage)
- ☐ 0.5 cup mango chutney
- ☐ 0.3 cup canola mayonnaise organic (such as Spectrum)
- ☐ 0.5 cup onion red chopped
- ☐ 0.8 teaspoon salt divided

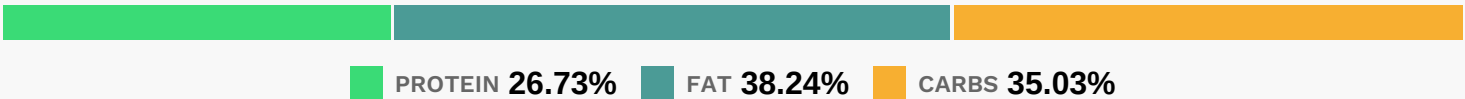
Equipment

- ☐ bowl
- ☐ grill
- ☐ kitchen thermometer
- ☐ ziploc bags

Directions

- ☐ Combine first 4 ingredients, stirring to combine. Stir in 1/4 teaspoon salt and pepper.
- ☐ Place yogurt mixture in a heavy-duty zip-top plastic bag.
- ☐ Add chicken to bag; seal. Marinate in refrigerator for 2 hours, turning occasionally.
- ☐ Prepare grill to medium-high heat.
- ☐ Remove chicken from bag; discard marinade.
- ☐ Place chicken, breast side down, on grill rack coated with cooking spray; grill 10 minutes or until browned. Turn chicken over; grill 20 minutes or until a thermometer inserted in the meaty part of breast registers 16
- ☐ Remove chicken from grill; let stand 10 minutes.
- ☐ Remove meat from bones; discard bones. Coarsely chop chicken and place in a medium bowl.
- ☐ Sprinkle chicken with remaining 1/2 teaspoon salt.
- ☐ Add grapes and remaining ingredients to chicken mixture; toss gently to combine. Chill 30 minutes.
- ☐ Wine note: With just a bit of heat from the ground red pepper and sweet-tart mango chutney, Grilled Chicken Salad matches perfectly with a glass of chilled Hogue Riesling 2007 (\$
- ☐ from Washington. The tropical fruit and pear flavors nicely echo the chutney, while the wine's refreshing sweetness and fresh acidity add zip and textural contrast to the creamy

Nutrition Facts



Properties

Glycemic Index:57.4, Glycemic Load:15.69, Inflammation Score:-4, Nutrition Score:15.211304335491%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg

Nutrients (% of daily need)

Calories: 395.07kcal (19.75%), Fat: 16.71g (25.71%), Saturated Fat: 2.57g (16.09%), Carbohydrates: 34.43g (11.48%), Net Carbohydrates: 33.26g (12.1%), Sugar: 24.28g (26.97%), Cholesterol: 67.13mg (22.38%), Sodium: 588.26mg (25.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.28g (52.55%), Selenium: 36.32µg (51.89%), Vitamin B3: 9.71mg (48.57%), Vitamin B6: 0.81mg (40.36%), Vitamin K: 33.16µg (31.58%), Phosphorus: 297.87mg (29.79%), Vitamin B2: 0.32mg (18.98%), Potassium: 573.19mg (16.38%), Vitamin B5: 1.6mg (15.96%), Vitamin C: 10.7mg (12.97%), Vitamin B12: 0.62µg (10.31%), Magnesium: 37.97mg (9.49%), Calcium: 93.04mg (9.3%), Vitamin E: 1.36mg (9.04%), Vitamin B1: 0.11mg (7.62%), Zinc: 0.98mg (6.52%), Copper: 0.13mg (6.47%), Manganese: 0.12mg (6.1%), Folate: 20.59µg (5.15%), Fiber: 1.17g (4.69%), Iron: 0.8mg (4.42%), Vitamin A: 173.63IU (3.47%)