



Grilled Chicken Salad Cosmopolitan

 **Gluten Free**  **Dairy Free**

READY IN



95 min.

SERVINGS



4

CALORIES



459 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 cup cranberries dried
- 0.8 teaspoon lemon pepper
- 0.3 cup juice of lime fresh
- 0.3 cup orange juice fresh
- 0.3 cup orange marmalade
- 2 cups cranberry-orange relish diced
- 2 tablespoons orange zest
- 10 ounce the salad

- 0.8 teaspoon salt
- 4 chicken breast halves boneless skinless
- 0.3 cup vegetable oil
- 2 tablespoons vodka lemon flavored
- 0.3 cup roasted cranberry sauce

Equipment

- sauce pan
- grill
- kitchen thermometer
- ziploc bags
- cutting board

Directions

- In a small saucepan over low heat, combine the cranberry sauce and orange marmalade. Warm and stir until melted and well blended.
- Remove from the heat and stir in the lime juice, orange juice and vegetable oil.
- Remove 1/2 cup of the mixture and set aside in the refrigerator for later.
- Allow the mixture to cool then stir in the lemon vodka and transfer to a large resealable bag. Season the chicken pieces with salt and lemon pepper; place them into the bag with the marinade. Seal the bag and marinate in the refrigerator for at least 1 hour, turning occasionally.
- Preheat a grill for medium heat.
- Remove the chicken from the plastic bag, discarding the marinade.
- Place the chicken pieces on the preheated grill and cook for 4 to 5 minutes on each side, or until firm and no longer pink in the center. If you have a meat thermometer, it should measure 160 degrees F (70 degrees C) when measured in the thickest part.
- Remove chicken to a cutting board and allow to rest for about 5 minutes.
- While the chicken is resting, combine the salad greens, cranberries, and orange segments.
- Pour the reserved citrus marinade over the salad and toss lightly to coat. Divide the salad between four serving plates. Slice each piece of chicken crosswise into 1/2 inch strips.

Arrange over the tops of the salads and sprinkle with orange zest strips.

Nutrition Facts

PROTEIN 22.99% **FAT 33.46%** **CARBS 43.55%**

Properties

Glycemic Index:35.38, Glycemic Load:4.46, Inflammation Score:-8, Nutrition Score:22.375652126644%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg Hesperetin: 27.73mg, Hesperetin: 27.73mg, Hesperetin: 27.73mg, Hesperetin: 27.73mg Naringenin: 14.18mg, Naringenin: 14.18mg, Naringenin: 14.18mg, Naringenin: 14.18mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.98mg, Myricetin: 0.98mg, Myricetin: 0.98mg, Myricetin: 0.98mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 458.53kcal (22.93%), Fat: 16.96g (26.09%), Saturated Fat: 2.76g (17.28%), Carbohydrates: 49.65g (16.55%), Net Carbohydrates: 45.85g (16.67%), Sugar: 38.54g (42.82%), Cholesterol: 72.32mg (24.11%), Sodium: 599.06mg (26.05%), Alcohol: 2.51g (100%), Alcohol %: 0.83% (100%), Protein: 26.22g (52.44%), Vitamin C: 83.21mg (100.86%), Vitamin B3: 12.66mg (63.28%), Selenium: 37.25µg (53.22%), Vitamin B6: 0.99mg (49.37%), Phosphorus: 286.6mg (28.66%), Vitamin K: 27.4µg (26.09%), Potassium: 782.83mg (22.37%), Vitamin A: 1114.49IU (22.29%), Vitamin B5: 2.02mg (20.24%), Folate: 66.84µg (16.71%), Fiber: 3.8g (15.2%), Vitamin E: 2.04mg (13.57%), Vitamin B1: 0.2mg (13.31%), Magnesium: 51.76mg (12.94%), Manganese: 0.25mg (12.61%), Vitamin B2: 0.21mg (12.25%), Copper: 0.16mg (7.91%), Calcium: 70.94mg (7.09%), Iron: 1.23mg (6.82%), Zinc: 0.93mg (6.19%), Vitamin B12: 0.23µg (3.77%)