



## Grilled Chicken Salad with Apricot Glaze, Homemade Mustard Vinaigrette and Grape Salad

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



882 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup skin-on almonds lightly toasted sliced for serving
- 0.8 cup apricot preserves
- 4 servings canola oil
- 3 fresno chiles
- 1 tablespoon dijon mustard
- 0.3 cup thyme leaves fresh roughly chopped

- 2 cups grapes green seedless roughly chopped
- 0.3 cup olive oil extra-virgin plus more if needed
- 2 tablespoons olive oil extra-virgin
- 2 cups grapes red seedless roughly chopped
- 4 servings salt and pepper black freshly ground
- 24 ounce chicken breasts boneless skinless thin
- 0.3 cup chardonnay vinegar
- 2 tablespoons chardonnay vinegar
- 3 tablespoons chardonnay vinegar
- 1 bunch watercress for serving
- 1 tablespoon grain mustard whole

## Equipment

- bowl
- whisk
- grill

## Directions

- Watch how to make this recipe.
- Whisk the vinegar, the mustards and salt and pepper, to taste, in a bowl. Slowly whisk in about the olive oil and until emulsified. Taste; whisk in a few more tablespoons olive oil, if desired.
- For the grape salad: Prepare the grill for direct grilling.
- Brush the chiles with oil and season with salt and pepper. Grill until charred on all sides.
- Remove to a bowl, cover and let steam for 15 minutes.
- Remove the skins and coarsely chop.
- Transfer to a bowl and add the grapes, chardonnay vinegar and olive oil. Season with salt and pepper.
- Whisk together the apricot jam and vinegar. Season with salt and 1/4 teaspoon black pepper.

- Brush the chicken on both sides with oil and sprinkle with salt and pepper. Grill until the first side is golden brown, about 2 1/2 minutes. Turn, brush with the glaze and sprinkle on the thyme. Cook until just cooked through, another 2 to 3 minutes.
- Remove to a serving platter.
- To serve, top with the grape salad, then the watercress and finally the almonds.
- Drizzle with the vinaigrette.

## Nutrition Facts

**PROTEIN 18.83%** **FAT 52.87%** **CARBS 28.3%**

### Properties

Glycemic Index:117.5, Glycemic Load:13.41, Inflammation Score:-10, Nutrition Score:36.44695644275%

### Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 1.3mg, Luteolin: 1.3mg, Luteolin: 1.3mg, Luteolin: 1.3mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

### Nutrients (% of daily need)

Calories: 882.03kcal (44.1%), Fat: 53.11g (81.71%), Saturated Fat: 6.26g (39.12%), Carbohydrates: 63.98g (21.33%), Net Carbohydrates: 58.97g (21.44%), Sugar: 45.36g (50.4%), Cholesterol: 108.86mg (36.29%), Sodium: 307.85mg (13.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.56g (85.12%), Vitamin B3: 19.21mg (96.07%), Selenium: 59.16µg (84.52%), Vitamin B6: 1.63mg (81.57%), Vitamin C: 66.5mg (80.6%), Vitamin E: 11.62mg (77.44%), Vitamin K: 68.04µg (64.8%), Phosphorus: 505.65mg (50.57%), Manganese: 0.75mg (37.47%), Potassium: 1242.93mg (35.51%), Vitamin B2: 0.54mg (32.01%), Magnesium: 122.54mg (30.63%), Vitamin B5: 2.71mg (27.15%), Copper: 0.54mg (26.96%), Fiber: 5.01g (20.02%), Vitamin B1: 0.3mg (19.68%), Vitamin A: 902.04IU (18.04%), Iron: 3.18mg (17.69%), Zinc: 1.87mg (12.5%), Calcium: 111.75mg (11.18%), Folate: 28.27µg (7.07%), Vitamin B12: 0.34µg (5.67%), Vitamin D: 0.17µg (1.13%)