



Grilled Chicken Salad With Avocado and Mango

 Gluten Free  Dairy Free

READY IN



23 min.

SERVINGS



4

CALORIES



306 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup avocado diced peeled
- ☐ 16 ounce chicken-breast halves boneless skinless
- ☐ 0.8 teaspoon ginger fresh grated peeled
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 1 cup mangos diced peeled
- ☐ 2 tablespoons mango chutney

- ☐ 8 cups salad greens mixed
- ☐ 2 tablespoons olive oil

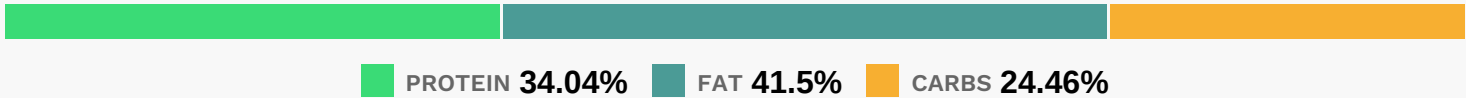
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ Combine oil, juice, chutney, soy sauce, and ginger in a small bowl.
- ☐ Place chicken on large plate; spoon 2 tablespoons oil mixture over chicken, reserving the rest for the salad. Turn chicken to coat, and let stand 5 minutes.
- ☐ Place chicken on grill rack coated with cooking spray; grill 4 minutes on each side or until chicken is done, brushing with oil mixture from plate before turning. Slice chicken crosswise into strips.
- ☐ Arrange greens, mango, and avocado on 4 serving plates. Arrange chicken over greens.
- ☐ Drizzle reserved dressing over salads.
- ☐ Andrea's Wine Pick: A California Fumd Blanc offers the perfect balance to complement the tangy dressing. Look for Dry Creek from California (\$1
- ☐ or Hogue from Washington (\$8).--Andrea Immer Robinson

Nutrition Facts



Properties

Glycemic Index:40.44, Glycemic Load:6.8, Inflammation Score:-8, Nutrition Score:19.941304528195%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin

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Nutrients (% of daily need)

Calories: 305.96kcal (15.3%), Fat: 14.31g (22.02%), Saturated Fat: 2.26g (14.11%), Carbohydrates: 18.97g (6.32%), Net Carbohydrates: 16.25g (5.91%), Sugar: 10.84g (12.04%), Cholesterol: 72.57mg (24.19%), Sodium: 302.26mg (13.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.41g (52.82%), Vitamin B3: 13.1mg (65.48%), Selenium: 37.2µg (53.14%), Vitamin B6: 1.05mg (52.33%), Vitamin C: 40.9mg (49.57%), Phosphorus: 299.45mg (29.95%), Vitamin A: 1433.96IU (28.68%), Potassium: 795.06mg (22.72%), Vitamin B5: 2.21mg (22.09%), Folate: 78.31µg (19.58%), Vitamin E: 2.22mg (14.82%), Magnesium: 54.49mg (13.62%), Vitamin B2: 0.22mg (13.18%), Vitamin K: 12.12µg (11.55%), Manganese: 0.22mg (11.19%), Fiber: 2.72g (10.88%), Copper: 0.18mg (9.23%), Vitamin B1: 0.13mg (8.81%), Zinc: 1.09mg (7.25%), Iron: 1.3mg (7.2%), Vitamin B12: 0.23µg (3.78%), Calcium: 28.36mg (2.84%)