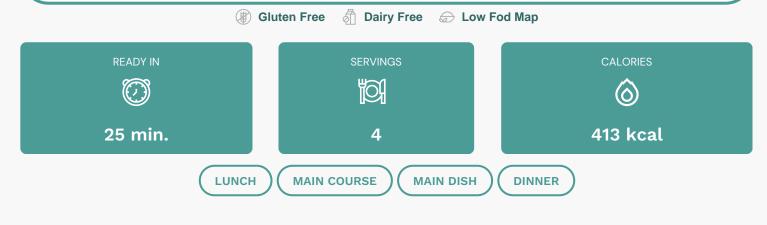


Grilled Chicken Salad with Bacon Vinaigrette



Ingredients

3 slices bacon cut into 1/2-inch pieces
O.8 cup balsamic vinegar
O.3 cup olive oil
2 tablespoons brown sugar
0.5 teaspoon marjoram dried
4 chicken breast halves boneless skinless
2 bell pepper red quartered
2 small to 3 sized squashes yellow halved lengthwise

	4 cups the salad mixed	
Ea	uipment	
\Box	frying pan	
H	paper towels	
H		
ш	grill	
Diı	rections	
	Heat grill. Cook bacon in medium skillet over medium heat until crisp.	
	Remove bacon from skillet; drain on paper towel. Set aside.	
	Add vinegar, oil, brown sugar and marjoram to bacon drippings in skillet; cook and stir over medium heat to mix and dissolve sugar.	
	Remove from heat. Reserve about 1/4 cup of vinegar mixture to use as glaze during grilling; set remaining aside for dressing.	
	When ready to grill, place chicken on gas grill over medium heat or on charcoal grill 4 to 6 inches from medium coals. Cook 5 minutes.	
	Brush chicken with reserved glaze; turn chicken.	
	Add bell peppers and squash to grill.	
	Brush chicken and vegetables with glaze. Cook about 10 minutes or until chicken is fork-tender and juices run clear and vegetables are crisp-tender, turning chicken and vegetables, and brushing with glaze once or twice. Discard any remaining glaze.	
	To serve, arrange mixed greens on 4 individual plates.	
	Cut chicken crosswise into slices; place over greens. Arrange bell peppers and squash around chicken.	
	Sprinkle with bacon.	
	Drizzle or serve with reserved dressing.	
Nutrition Facts		
	PROTEIN 27.67% FAT 51.57% CARBS 20.76%	

Properties

Glycemic Index:28.5, Glycemic Load:5.24, Inflammation Score:-9, Nutrition Score:24.547391476838%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Vaercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 413.18kcal (20.66%), Fat: 23.29g (35.83%), Saturated Fat: 4.76g (29.77%), Carbohydrates: 21.1g (7.03%), Net Carbohydrates: 19.2g (6.98%), Sugar: 16.77g (18.63%), Cholesterol: 83.21mg (27.74%), Sodium: 267.23mg (11.62%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 28.12g (56.24%), Vitamin C: 96.83mg (117.37%), Vitamin B3: 13.55mg (67.73%), Vitamin B6: 1.23mg (61.33%), Selenium: 39.89µg (56.98%), Vitamin A: 2476.36IU (49.53%), Phosphorus: 323.91mg (32.39%), Potassium: 861.55mg (24.62%), Vitamin E: 3.24mg (21.61%), Vitamin B5: 2.04mg (20.38%), Vitamin B2: 0.28mg (16.52%), Folate: 63.89µg (15.97%), Manganese: 0.31mg (15.73%), Magnesium: 59.25mg (14.81%), Vitamin B1: 0.19mg (12.69%), Vitamin K: 13.12µg (12.49%), Iron: 1.67mg (9.29%), Zinc: 1.29mg (8.63%), Fiber: 1.9g (7.61%), Copper: 0.11mg (5.65%), Vitamin B12: 0.31µg (5.14%), Calcium: 42.96mg (4.3%), Vitamin D: 0.18µg (1.19%)