



Grilled Chicken Salad with Bacon Vinaigrette

 Gluten Free  Dairy Free  Low Fod Map

READY IN



25 min.

SERVINGS



4

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 slices bacon cut into 1/2-inch pieces
- 0.8 cup balsamic vinegar
- 0.3 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

Equipment

frying pan

paper towels

grill

Directions

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 Quercetin: 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: 0g (100%), Alcohol %: 0% (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%)