



Grilled Chicken Salad With Cherries



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



197 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 0.3 teaspoon pepper black
- ☐ 2 teaspoons dijon mustard
- ☐ 1 tablespoon olive oil
- ☐ 2 teaspoons olive oil
- ☐ 0.3 cup red wine vinegar
- ☐ 6 cups the salad
- ☐ 0.3 teaspoon salt

- ☐ 2 tablespoons shallots minced
- ☐ 24 ounce chicken breast halves
- ☐ 0.5 teaspoon sugar
- ☐ 1.5 cups cherries sweet pitted coarsely chopped
- ☐ 0.3 cup water
- ☐ 1.5 teaspoons thyme dried fresh minced

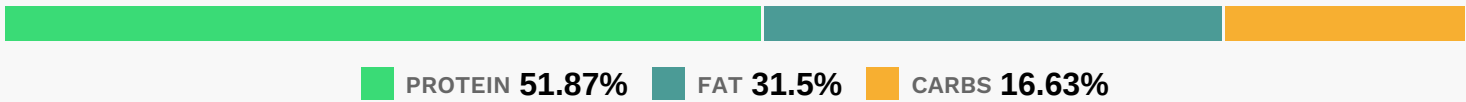
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ To prepare chicken, rub 2 teaspoons oil over chicken.
- ☐ Sprinkle chicken with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Prepare grill.
- ☐ Place chicken on grill rack coated with cooking spray; grill 6 minutes on each side or until chicken is done.
- ☐ Cut into 1/4-inch-thick slices.
- ☐ To prepare vinaigrette, combine water and next 8 ingredients (water through 1/8 teaspoon pepper) in a small bowl; stir with a whisk.
- ☐ Arrange salad greens on plates, and top with sliced chicken, chopped cherries, and vinaigrette.
- ☐ Garnish with whole cherries, if desired.

Nutrition Facts



Properties

Glycemic Index:36.35, Glycemic Load:1.44, Inflammation Score:-7, Nutrition Score:14.178695678711%

Flavonoids

Cyanidin: 10.42mg, Cyanidin: 10.42mg, Cyanidin: 10.42mg, Cyanidin: 10.42mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 1.73mg, Epicatechin: 1.73mg, Epicatechin: 1.73mg, Epicatechin: 1.73mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 197.42kcal (9.87%), Fat: 6.78g (10.44%), Saturated Fat: 1.18g (7.37%), Carbohydrates: 8.06g (2.69%), Net Carbohydrates: 7.03g (2.56%), Sugar: 5.04g (5.6%), Cholesterol: 72.57mg (24.19%), Sodium: 259.26mg (11.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.13g (50.27%), Vitamin B3: 12.13mg (60.65%), Selenium: 37.07µg (52.96%), Vitamin B6: 0.91mg (45.63%), Phosphorus: 266.28mg (26.63%), Vitamin B5: 1.75mg (17.49%), Potassium: 586.24mg (16.75%), Vitamin C: 13.5mg (16.37%), Vitamin A: 522IU (10.44%), Magnesium: 40.47mg (10.12%), Vitamin B2: 0.15mg (8.7%), Manganese: 0.16mg (7.85%), Vitamin K: 7.7µg (7.33%), Iron: 1.25mg (6.94%), Vitamin B1: 0.1mg (6.7%), Folate: 22.67µg (5.67%), Zinc: 0.81mg (5.41%), Vitamin E: 0.79mg (5.3%), Copper: 0.08mg (4.12%), Fiber: 1.03g (4.11%), Vitamin B12: 0.23µg (3.78%), Calcium: 24.01mg (2.4%)