



Grilled Chicken Salad With Gazpacho Dressing

 Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



537 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup almonds toasted sliced
- ☐ 8 ounces baby arugula
- ☐ 15 ounce chickpeas drained and rinsed canned
- ☐ 1 cup cherry tomatoes quartered
- ☐ 1 pound chicken cutlets
- ☐ 4 slices top
- ☐ 0.5 cucumber diced seedless
- ☐ 1 cup parsley fresh

- ☐ 1 clove garlic halved
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 tablespoon red wine vinegar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ grill
- ☐ grill pan

Directions

- ☐ Preheat a grill pan over medium heat and lightly coat with cooking spray.
- ☐ Sprinkle the chicken with 1/4 teaspoon each salt and pepper. Grill until well marked and cooked through, 3 to 5 minutes per side; transfer to a plate.
- ☐ Add the bread to the pan and grill until toasted, 2 to 3 minutes per side.
- ☐ Transfer to a plate and rub with the garlic.
- ☐ Make the dressing: Puree the olive oil, vinegar, 2 tablespoons water, half each of the cucumber, tomatoes, parsley and almonds, 1/2 teaspoon salt, and pepper to taste in a blender until smooth.
- ☐ Cut the chicken into strips. Tear the bread into bite-size pieces.
- ☐ Combine the arugula, chickpeas, chicken, bread and the remaining cucumber, tomatoes, parsley and almonds in a large bowl.
- ☐ Add half of the dressing, season with salt and pepper and toss. Divide among shallow bowls.
- ☐ Drizzle with the remaining dressing.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:56.21, Glycemic Load:30.16, Inflammation Score:-10, Nutrition Score:42.031304276508%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 2.64mg, Isorhamnetin: 2.64mg, Isorhamnetin: 2.64mg, Isorhamnetin: 2.64mg Kaempferol: 20.09mg, Kaempferol: 20.09mg, Kaempferol: 20.09mg, Kaempferol: 20.09mg Myricetin: 2.24mg, Myricetin: 2.24mg, Myricetin: 2.24mg, Myricetin: 2.24mg Quercetin: 4.85mg, Quercetin: 4.85mg, Quercetin: 4.85mg, Quercetin: 4.85mg

Nutrients (% of daily need)

Calories: 536.91kcal (26.85%), Fat: 17.96g (27.64%), Saturated Fat: 2.54g (15.9%), Carbohydrates: 55.35g (18.45%), Net Carbohydrates: 46.44g (16.89%), Sugar: 6.14g (6.82%), Cholesterol: 72.57mg (24.19%), Sodium: 1035.36mg (45.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.4g (80.79%), Vitamin K: 319.9µg (304.66%), Manganese: 1.69mg (84.33%), Selenium: 57.62µg (82.32%), Vitamin B3: 15.94mg (79.69%), Vitamin B6: 1.54mg (76.99%), Vitamin A: 2880.71IU (57.61%), Folate: 198.49µg (49.62%), Phosphorus: 486.32mg (48.63%), Vitamin C: 39.72mg (48.14%), Vitamin B1: 0.64mg (42.64%), Iron: 6.7mg (37.23%), Fiber: 8.91g (35.64%), Magnesium: 142.09mg (35.52%), Vitamin B2: 0.57mg (33.82%), Potassium: 1136.97mg (32.48%), Vitamin B5: 2.64mg (26.41%), Vitamin E: 3.9mg (25.98%), Copper: 0.48mg (24.05%), Calcium: 220.07mg (22.01%), Zinc: 2.86mg (19.07%), Vitamin B12: 0.23µg (3.78%)