



Grilled Chicken Salad with Radishes, Cucumbers, and Tarragon Pesto

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 chicken breast halves boneless
- ☐ 1 cup cucumber thinly sliced ()
- ☐ 5 teaspoons juice of lemon fresh divided
- ☐ 5 ounce the salad mixed
- ☐ 6 tablespoons olive oil divided for brushing ()
- ☐ 0.3 cup parsley fresh italian packed ()
- ☐ 4 tablespoons pinenuts divided

- ☐ 1 cup radishes thinly sliced (from 1 large bunch)
- ☐ 2 teaspoons shallots chopped
- ☐ 4.5 inch sourdough bread french country-style
- ☐ 0.3 cup tarragon fresh packed chopped ()

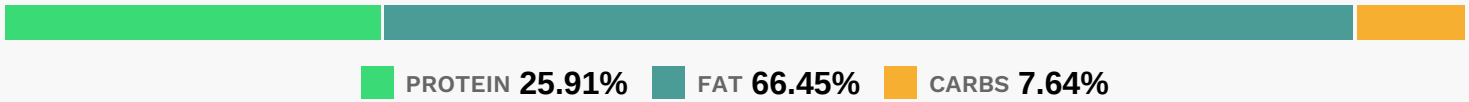
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Place 1/4 cup tarragon leaves, parsley, 2 tablespoons pine nuts, 1 teaspoon lemon juice, and shallot in mini processor; chop coarsely. With machine running, gradually add 3 tablespoons olive oil. Season pesto to taste with salt and pepper.
- ☐ Add more olive oil by teaspoonfuls to thin, if necessary.
- ☐ Whisk 2 teaspoons chopped tarragon, remaining 4 teaspoons lemon juice, and 3 tablespoons oil in small bowl. Season dressing with salt and pepper.
- ☐ Prepare barbecue (medium-high heat).
- ☐ Brush chicken breasts on both sides with oil.
- ☐ Sprinkle with salt and pepper. Grill until grill marks form, skin is crisp, and chicken is cooked through, 7 to 8 minutes per side.
- ☐ Transfer to work surface; let rest 5 minutes. Using clean brush, brush both sides of bread with oil.
- ☐ Sprinkle with salt and pepper. Grill until dark-brown grill marks appear on both sides, 2 to 3 minutes per side.
- ☐ Place greens, radishes, and cucumbers in large bowl. Toss with dressing. Season to taste with salt and pepper. Divide salad among 4 plates.
- ☐ Cut grilled chicken breasts crosswise into 1/3-inch-thick slices. Arrange 1 sliced chicken breast atop salad on each plate. Spoon tarragon pesto over chicken.
- ☐ Sprinkle remaining 2 tablespoons pine nuts over salads.
- ☐ Serve with grilled bread slices.

Nutrition Facts



Properties

Glycemic Index:64.88, Glycemic Load:2.42, Inflammation Score:-8, Nutrition Score:25.084347890771%

Flavonoids

Pelargonidin: 18.31mg, Pelargonidin: 18.31mg, Pelargonidin: 18.31mg, Pelargonidin: 18.31mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 416.68kcal (20.83%), Fat: 31.22g (48.03%), Saturated Fat: 4.13g (25.8%), Carbohydrates: 8.08g (2.69%), Net Carbohydrates: 6.54g (2.38%), Sugar: 1.76g (1.95%), Cholesterol: 72.32mg (24.11%), Sodium: 174.35mg (7.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.39g (54.78%), Vitamin K: 82.56µg (78.63%), Vitamin B3: 12.99mg (64.93%), Manganese: 1.27mg (63.61%), Selenium: 37.56µg (53.65%), Vitamin B6: 1.01mg (50.56%), Phosphorus: 337.66mg (33.77%), Vitamin C: 24.09mg (29.2%), Vitamin E: 4.23mg (28.17%), Potassium: 781.91mg (22.34%), Magnesium: 79.7mg (19.93%), Vitamin B5: 1.85mg (18.47%), Vitamin A: 915.52IU (18.31%), Iron: 2.87mg (15.97%), Vitamin B2: 0.23mg (13.69%), Folate: 52.48µg (13.12%), Copper: 0.25mg (12.59%), Zinc: 1.71mg (11.43%), Vitamin B1: 0.17mg (11.12%), Calcium: 67.68mg (6.77%), Fiber: 1.54g (6.16%), Vitamin B12: 0.23µg (3.77%)