



Grilled Chicken Salad with Raspberry-Tarragon Dressing

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



407 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 heads boston lettuce
- ☐ 1 cup blackberries fresh
- ☐ 0.5 cantaloupe peeled sliced
- ☐ 1.3 lb chicken breast
- ☐ 0.5 cucumber english thinly sliced
- ☐ 1 fennel bulb cut in half
- ☐ 4 ounces gorgonzola crumbled

- ☐ 0.3 cup spring onion chopped
- ☐ 0.5 cup almonds sliced
- ☐ 4 servings tarragon

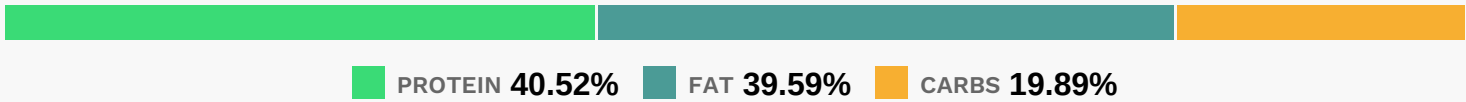
Equipment

- ☐ grill

Directions

- ☐ Pour 1/2 cup Raspberry–Tarragon Dressing into a large zip–top plastic freezer bag. Cover and refrigerate remaining dressing.
- ☐ Add chicken to 1/2 cup dressing in bag. Seal and chill 30 minutes to 2 hours. Coat cold cooking grate of grill with cooking spray, and place on grill. Preheat grill to 350 to 400 (medium–high) heat.
- ☐ Remove chicken from marinade, discarding marinade. Grill chicken and fennel bulb halves, covered with grill lid, 8 to 10 minutes on each side or until chicken is done and fennel is tender.
- ☐ Let chicken stand 5 to 10 minutes.
- ☐ Meanwhile, divide lettuce and next 3 ingredients among 4 plates. Thinly slice chicken and fennel; place on salads.
- ☐ Drizzle with remaining dressing; top with berries, cheese, and almonds.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:69.13, Glycemic Load:5.6, Inflammation Score:-10, Nutrition Score:38.843478311663%

Flavonoids

Cyanidin: 36.26mg, Cyanidin: 36.26mg, Cyanidin: 36.26mg, Cyanidin: 36.26mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 13.49mg, Catechin: 13.49mg, Catechin: 13.49mg, Catechin: 13.49mg Epigallocatechin:

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Nutrients (% of daily need)

Calories: 406.5kcal (20.32%), Fat: 18.27g (28.11%), Saturated Fat: 6.69g (41.83%), Carbohydrates: 20.65g (6.88%), Net Carbohydrates: 13.62g (4.95%), Sugar: 11.67g (12.97%), Cholesterol: 111.98mg (37.33%), Sodium: 548.49mg (23.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.08g (84.15%), Vitamin K: 149.15µg (142.05%), Vitamin A: 5590.92IU (111.82%), Vitamin B3: 17.03mg (85.13%), Selenium: 52.35µg (74.79%), Vitamin B6: 1.3mg (65.01%), Phosphorus: 552.94mg (55.29%), Manganese: 0.92mg (46.22%), Potassium: 1386.72mg (39.62%), Vitamin C: 29.54mg (35.81%), Folate: 124.25µg (31.06%), Vitamin B5: 3.1mg (30.96%), Magnesium: 120.73mg (30.18%), Vitamin B2: 0.51mg (29.95%), Vitamin E: 4.27mg (28.48%), Calcium: 283.44mg (28.34%), Fiber: 7.03g (28.13%), Iron: 3.48mg (19.35%), Zinc: 2.85mg (18.99%), Copper: 0.37mg (18.25%), Vitamin B1: 0.23mg (15.46%), Vitamin B12: 0.63µg (10.49%), Vitamin D: 0.28µg (1.89%)