



Grilled Chicken Salad with Seasonal Fruit



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



294 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 heads bibb lettuce – dried rinsed
- ☐ 1 teaspoon ground mustard
- ☐ 0.3 teaspoon ground pepper white
- ☐ 0.5 onion minced
- ☐ 0.5 cup pecans
- ☐ 0.3 cup red wine vinegar
- ☐ 1 teaspoon salt
- ☐ 1 pound chicken breast halves boneless skinless

- ☐ 1 cup strawberries fresh sliced
- ☐ 1 cup vegetable oil
- ☐ 0.5 cup sugar white

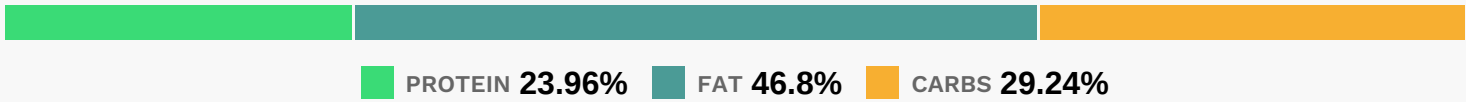
Equipment

- ☐ frying pan
- ☐ blender
- ☐ grill

Directions

- ☐ Preheat the grill for high heat.
- ☐ Lightly oil the grill grate. Grill chicken 8 minutes on each side, or until juices run clear.
- ☐ Remove from heat, cool, and slice.
- ☐ Meanwhile, place pecans in a dry skillet over medium-high heat. Cook pecans until fragrant, stirring frequently, about 8 minutes.
- ☐ Remove from heat, and set aside.
- ☐ In a blender, combine the red wine vinegar, sugar, vegetable oil, onion, mustard, salt, and pepper. Process until smooth.
- ☐ Arrange lettuce on serving plates. Top with grilled chicken slices, strawberries, and pecans.
- ☐ Drizzle with the dressing to serve.

Nutrition Facts



Properties

Glycemic Index:24.52, Glycemic Load:12.4, Inflammation Score:-9, Nutrition Score:17.365217509477%

Flavonoids

Cyanidin: 1.29mg, Cyanidin: 1.29mg, Cyanidin: 1.29mg, Cyanidin: 1.29mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.68mg, Delphinidin: 0.68mg, Delphinidin: 0.68mg, Delphinidin: 0.68mg Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg Peonidin: 0.01mg,

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Nutrients (% of daily need)

Calories: 294.47kcal (14.72%), Fat: 15.54g (23.91%), Saturated Fat: 2.08g (12.98%), Carbohydrates: 21.84g (7.28%), Net Carbohydrates: 19.76g (7.18%), Sugar: 19.06g (21.17%), Cholesterol: 48.38mg (16.13%), Sodium: 479.87mg (20.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.9g (35.8%), Vitamin K: 69.97µg (66.64%), Vitamin B3: 8.29mg (41.47%), Selenium: 25.77µg (36.81%), Vitamin A: 1829.99IU (36.6%), Vitamin B6: 0.65mg (32.59%), Manganese: 0.6mg (30.19%), Vitamin C: 17.91mg (21.7%), Phosphorus: 211.93mg (21.19%), Potassium: 501.07mg (14.32%), Folate: 52.55µg (13.14%), Vitamin B5: 1.27mg (12.74%), Magnesium: 42.59mg (10.65%), Vitamin B1: 0.15mg (9.77%), Fiber: 2.09g (8.35%), Vitamin B2: 0.13mg (7.76%), Iron: 1.4mg (7.75%), Copper: 0.15mg (7.45%), Vitamin E: 1.04mg (6.93%), Zinc: 1mg (6.65%), Calcium: 36.83mg (3.68%), Vitamin B12: 0.15µg (2.52%)