



Grilled Chicken Salad with Sesame Seed Vinaigrette



Gluten Free



Dairy Free

READY IN



16 min.

SERVINGS



2

CALORIES



228 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups prepackaged baby spinach leaves fresh packed
- ☐ 0.3 teaspoon pepper divided
- ☐ 0.5 cup grapes red seedless halved
- ☐ 1 tablespoon red wine vinegar
- ☐ 0.3 teaspoon salt divided
- ☐ 2 teaspoons sesame oil
- ☐ 2 teaspoons sesame seed toasted

- ☐ 8 ounce chicken breast halves boneless skinless
- ☐ 3 tablespoons grape juice unsweetened white

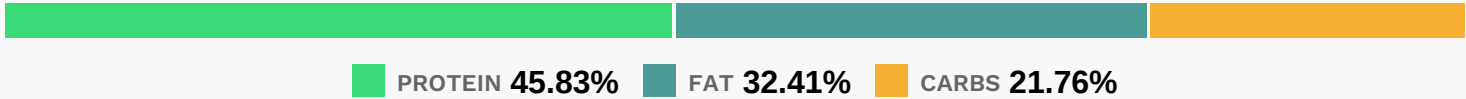
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ Sprinkle chicken evenly with 1/8 teaspoon each salt and pepper.
- ☐ Place chicken on grill rack coated with cooking spray; grill 5 to 7 minutes on each side or until done.
- ☐ Combine spinach, grapes, and sesame seeds in a large bowl.
- ☐ Combine vinegar, grape juice, sesame oil, and remaining salt and pepper.
- ☐ Slice chicken diagonally into thin slices. Toss chicken with spinach mixture.
- ☐ Drizzle vinaigrette over salad.

Nutrition Facts



Properties

Glycemic Index:72.5, Glycemic Load:3.31, Inflammation Score:-10, Nutrition Score:25.703913108162%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Petunidin: 0.23mg, Petunidin: 0.23mg, Petunidin: 0.23mg Delphinidin: 0.43mg, Delphinidin: 0.43mg, Delphinidin: 0.43mg, Delphinidin: 0.43mg Malvidin: 2.48mg, Malvidin: 2.48mg, Malvidin: 2.48mg, Malvidin: 2.48mg Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 2.87mg, Kaempferol: 2.87mg, Kaempferol: 2.87mg, Kaempferol: 2.87mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg

Nutrients (% of daily need)

Calories: 227.85kcal (11.39%), Fat: 8.2g (12.62%), Saturated Fat: 1.41g (8.8%), Carbohydrates: 12.39g (4.13%), Net Carbohydrates: 10.72g (3.9%), Sugar: 9.2g (10.22%), Cholesterol: 72.57mg (24.19%), Sodium: 460.51mg (20.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.1g (52.2%), Vitamin K: 224.13µg (213.46%), Vitamin A: 4281.91IU (85.64%), Vitamin B3: 12.35mg (61.73%), Selenium: 37.48µg (53.54%), Vitamin B6: 0.99mg (49.66%), Manganese: 0.59mg (29.29%), Phosphorus: 284.42mg (28.44%), Folate: 94.57µg (23.64%), Potassium: 781.51mg (22.33%), Magnesium: 77.65mg (19.41%), Vitamin C: 15.27mg (18.51%), Vitamin B5: 1.68mg (16.79%), Vitamin B2: 0.23mg (13.74%), Iron: 2.18mg (12.12%), Copper: 0.23mg (11.35%), Vitamin B1: 0.15mg (10.24%), Vitamin E: 1.26mg (8.43%), Calcium: 77.67mg (7.77%), Zinc: 1.1mg (7.33%), Fiber: 1.67g (6.69%), Vitamin B12: 0.23µg (3.78%)