



Grilled Chicken Salad with Sweet and Spicy Dressing



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



300 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon chipotle chile canned finely chopped
- ☐ 1 cup cucumber peeled thinly sliced
- ☐ 0.5 teaspoon dijon mustard
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.3 teaspoon ground cumin

- ☐ 1 teaspoon ground cumin
- ☐ 2 tablespoons honey
- ☐ 2 tablespoons juice of lime fresh
- ☐ 8 cups salad greens mixed
- ☐ 1 teaspoon olive oil
- ☐ 2 plum tomatoes quartered
- ☐ 0.3 cup onion red thinly sliced
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 24 ounce chicken breast halves boneless skinless

Equipment

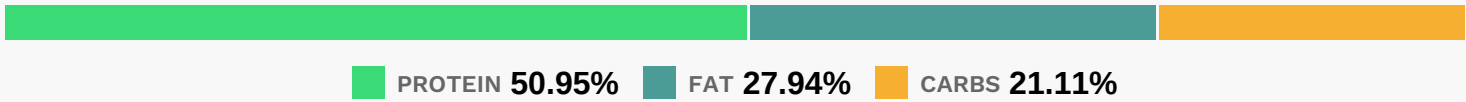
- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ To prepare chicken, combine the first 5 ingredients in a large zip-top plastic bag.
- ☐ Add the chicken to the bag; seal. Marinate in refrigerator 1 hour, turning the bag occasionally.
- ☐ Prepare grill.
- ☐ Remove chicken from bag; discard marinade.
- ☐ Place chicken on grill rack coated with cooking spray; grill 5 minutes on each side or until chicken is done.
- ☐ Let chicken stand 10 minutes; cut across grain into 1-inch-thick slices.
- ☐ To prepare dressing, combine cilantro and next 7 ingredients (through 1/4 teaspoon cumin) in a small bowl, stirring well with a whisk.
- ☐ To prepare salad, arrange 2 cups greens, 1/4 cup cucumber, 1 tablespoon onion, and 2 tomato wedges on each of 4 plates; top each serving with 1 chicken breast half.

Drizzle 2 tablespoons dressing over each serving.

Nutrition Facts



Properties

Glycemic Index:59.07, Glycemic Load:5.26, Inflammation Score:-8, Nutrition Score:22.783478462178%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

Nutrients (% of daily need)

Calories: 299.7kcal (14.98%), Fat: 9.26g (14.25%), Saturated Fat: 1.62g (10.15%), Carbohydrates: 15.74g (5.25%), Net Carbohydrates: 14.66g (5.33%), Sugar: 10.57g (11.74%), Cholesterol: 108.86mg (36.29%), Sodium: 665.7mg (28.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.99g (75.98%), Vitamin B3: 18.46mg (92.29%), Selenium: 55.39µg (79.12%), Vitamin B6: 1.42mg (70.96%), Phosphorus: 413.38mg (41.34%), Vitamin C: 29.53mg (35.79%), Vitamin B5: 2.67mg (26.68%), Potassium: 933.79mg (26.68%), Vitamin A: 1268.02IU (25.36%), Magnesium: 65.26mg (16.32%), Vitamin B2: 0.24mg (13.91%), Manganese: 0.28mg (13.79%), Folate: 48.84µg (12.21%), Vitamin B1: 0.17mg (11.29%), Iron: 1.87mg (10.41%), Zinc: 1.36mg (9.09%), Vitamin K: 8.67µg (8.25%), Vitamin E: 1.2mg (7.98%), Copper: 0.15mg (7.43%), Vitamin B12: 0.34µg (5.67%), Fiber: 1.08g (4.32%), Calcium: 40.02mg (4%), Vitamin D: 0.17µg (1.13%)