



Grilled Chicken Summer Salad

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



8

CALORIES



316 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 chicken breast halves boneless skinless
- 0.5 teaspoon salt
- 0.5 teaspoon pepper
- 8 cups the salad (from 10-oz. pkg.)
- 1.5 cups nectarines pitted sliced
- 1 onion red thinly sliced
- 1 cup cashew pieces toasted
- 0.5 cup blueberries fresh

1 cup salad dressing


Equipment

grill

Directions

- Heat gas or charcoal grill. When grill is heated, sprinkle both sides of chicken with salt and pepper; place on gas grill over medium heat or on charcoal grill 4 to 6 inches from medium coals. Cook 10 to 15 minutes or until chicken is fork-tender and juices run clear, turning once.
- Divide salad greens evenly onto individual serving plates. Top each with nectarines, onion, pecans and blueberries.
- Cut chicken into slices; arrange in center of each plate.
- Drizzle each with 2 tablespoons salad dressing.

Nutrition Facts

 **PROTEIN 35.2%**  **FAT 46.14%**  **CARBS 18.66%**

Properties

Glycemic Index:20.9, Glycemic Load:2.72, Inflammation Score:-7, Nutrition Score:18.869565165561%

Flavonoids

Cyanidin: 1.35mg, Cyanidin: 1.35mg, Cyanidin: 1.35mg, Cyanidin: 1.35mg Petunidin: 2.92mg, Petunidin: 2.92mg, Petunidin: 2.92mg, Petunidin: 2.92mg Delphinidin: 3.28mg, Delphinidin: 3.28mg, Delphinidin: 3.28mg, Delphinidin: 3.28mg Malvidin: 6.25mg, Malvidin: 6.25mg, Malvidin: 6.25mg, Malvidin: 6.25mg Peonidin: 1.88mg, Peonidin: 1.88mg, Peonidin: 1.88mg, Peonidin: 1.88mg Catechin: 1.29mg, Catechin: 1.29mg, Catechin: 1.29mg, Catechin: 1.29mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 3.69mg, Quercetin: 3.69mg, Quercetin: 3.69mg, Quercetin: 3.69mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 316.43kcal (15.82%), Fat: 16.35g (25.15%), Saturated Fat: 2.78g (17.35%), Carbohydrates: 14.88g (4.96%), Net Carbohydrates: 13.46g (4.89%), Sugar: 7.75g (8.61%), Cholesterol: 72.32mg (24.11%), Sodium: 584.6mg (25.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.07g (56.13%), Vitamin B3: 12.57mg (62.86%), Selenium: 40.2µg (57.43%), Vitamin B6: 0.99mg (49.64%), Phosphorus: 365.19mg (36.52%), Vitamin K: 24.76µg (23.58%), Copper: 0.44mg (22.22%), Magnesium: 86.89mg (21.72%), Manganese: 0.43mg (21.57%), Potassium: 682.01mg (19.49%), Vitamin B5: 1.88mg (18.77%), Vitamin C: 13.53mg (16.4%), Zinc: 1.79mg (11.92%), Vitamin A: 593.85IU (11.88%), Vitamin B1: 0.18mg (11.83%), Iron: 1.97mg (10.96%), Vitamin B2: 0.16mg (9.25%), Vitamin E: 1.22mg (8.16%), Folate: 28.15µg (7.04%), Fiber: 1.42g (5.69%), Vitamin B12: 0.23µg (3.77%), Calcium: 25.53mg (2.55%)