



Grilled Chicken Summer Salad



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



313 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup blueberries fresh
- ☐ 1.5 cups nectarines pitted sliced
- ☐ 1 cup pecans toasted
- ☐ 0.5 teaspoon pepper
- ☐ 1 cup salad dressing
- ☐ 1 onion red thinly sliced
- ☐ 8 cups the salad (from 10-oz. pkg.)
- ☐ 0.5 teaspoon salt

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8 chicken breast halves boneless skinless

Equipment

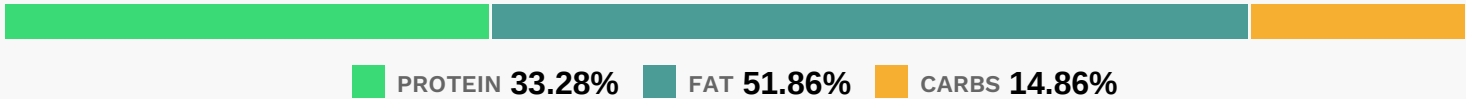
☐

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



Properties

Glycemic Index:19, Glycemic Load:1.69, Inflammation Score:-6, Nutrition Score:17.771739161533%

Flavonoids

Cyanidin: 2.68mg, Cyanidin: 2.68mg, Cyanidin: 2.68mg, Cyanidin: 2.68mg Petunidin: 2.92mg, Petunidin: 2.92mg, Petunidin: 2.92mg, Petunidin: 2.92mg Delphinidin: 4.18mg, Delphinidin: 4.18mg, Delphinidin: 4.18mg, Delphinidin: 4.18mg 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: 2.18mg, Catechin: 2.18mg, Catechin: 2.18mg, Catechin: 2.18mg Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg 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: 312.77kcal (15.64%), Fat: 18.19g (27.98%), Saturated Fat: 2.29g (14.29%), Carbohydrates: 11.73g (3.91%), Net Carbohydrates: 9.65g (3.51%), Sugar: 7.28g (8.09%), Cholesterol: 72.32mg (24.11%), Sodium: 582.67mg (25.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.26g (52.52%), Vitamin B3: 12.55mg (62.73%), Selenium: 37.46µg (53.52%), Vitamin B6: 0.95mg (47.58%), Manganese: 0.72mg (36.07%), Phosphorus: 303.85mg (30.39%), Vitamin K: 19.69µg (18.75%), Vitamin B5: 1.84mg (18.45%), Potassium: 626.33mg (17.9%), Vitamin C: 13.58mg (16.46%), Magnesium: 54.78mg (13.7%), Vitamin B1: 0.19mg (12.72%), Vitamin A: 600.78IU (12.02%), Copper: 0.24mg (11.95%), Vitamin B2: 0.16mg (9.65%), Zinc: 1.42mg (9.45%), Vitamin E: 1.25mg (8.34%), Fiber: 2.08g (8.31%), Folate: 26.84µg (6.71%), Iron: 1.21mg (6.71%), Vitamin B12: 0.23µg (3.77%), Calcium: 28.23mg (2.82%)