



WHATSheATE



HEALTH SCORE

68%

Grilled Chicken Supper With Citrus Vinaigrette



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



466 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

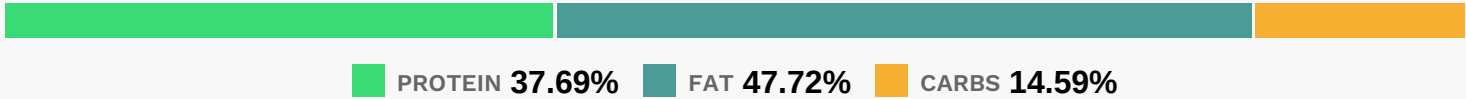
- ☐ 3 citrus vinaigrette grilled chicken breasts cooked
- ☐ 0.3 cup dry-roasted peanuts chopped
- ☐ 0.3 cup golden raisins
- ☐ 1 bunch green onions chopped
- ☐ 10 oz salad greens mixed washed
- ☐ 1 large bell pepper red cut into thin strips
- ☐ 0.5 cup citrus vinaigrette divided

Equipment

Directions

- ☐ Let chicken stand at room temperature 30 minutes.
- ☐ Meanwhile, combine salad greens, bell pepper strips, green onions, and 1/3 cup Citrus Vinaigrette, tossing gently to coat.
- ☐ Place on a serving platter.
- ☐ Skin and bone chicken; cut diagonally into 1/2-inch-thick slices. Arrange chicken strips on top of salad.
- ☐ Sprinkle with golden raisins and peanuts.
- ☐ Serve immediately with remaining Citrus Vinaigrette.

Nutrition Facts



Properties

Glycemic Index:30.17, Glycemic Load:5.78, Inflammation Score:-9, Nutrition Score:26.488260471303%

Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 466.41kcal (23.32%), Fat: 24.98g (38.42%), Saturated Fat: 4.89g (30.55%), Carbohydrates: 17.18g (5.73%), Net Carbohydrates: 14.86g (5.41%), Sugar: 9.8g (10.88%), Cholesterol: 109.65mg (36.55%), Sodium: 157.76mg (6.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.38g (88.77%), Vitamin B3: 20.01mg (100.06%), Vitamin C: 70.44mg (85.38%), Selenium: 37.23µg (53.19%), Vitamin B6: 1.02mg (50.8%), Vitamin K: 46.11µg (43.92%), Vitamin A: 2175.75IU (43.51%), Phosphorus: 383.85mg (38.39%), Manganese: 0.43mg (21.69%), Potassium: 718.66mg (20.53%), Magnesium: 70.89mg (17.72%), Vitamin E: 2.48mg (16.56%), Folate: 65.94µg (16.49%), Vitamin B5: 1.61mg (16.08%), Vitamin B2: 0.25mg (14.88%), Iron: 2.48mg (13.76%), Zinc: 1.79mg (11.91%), Vitamin B1: 0.17mg (11.13%), Copper: 0.21mg (10.74%), Fiber: 2.31g (9.25%), Vitamin B12: 0.44µg (7.31%), Calcium: 51.28mg (5.13%)