



WHATSheATE



Grilled Chicken, Tomato and Baby Greens Salad with Blue Cheese

 Gluten Free

READY IN



30 min.

SERVINGS



3

CALORIES



465 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 avocado cubed peeled
- ☐ 0.3 cup cheese blue crumbled
- ☐ 3 servings bottled cheese dressing blue to taste
- ☐ 2 slices bacon crumbled cooked drained
- ☐ 7.8 ounce dole® extra with grape tomatoes
- ☐ 3 servings salt and ground pepper black to taste
- ☐ 1 hard-cooked egg peeled chopped

- ☐ 3 servings olive oil
- ☐ 0.8 pound chicken breast halves boneless skinless

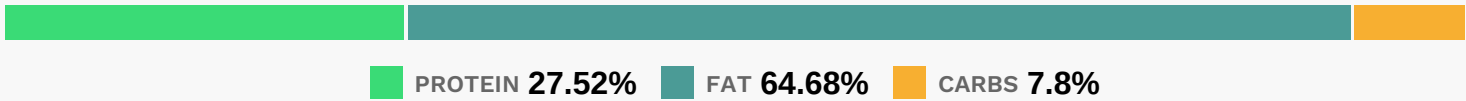
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Heat grill to medium-high heat.
- ☐ Brush chicken with oil; season with salt and pepper, to taste. Grill 8 to 12 minutes or until no longer pink in the center (165 degrees F), turning once. Cool chicken enough to handle; slice into thin strips.
- ☐ Combine salad blend, tomatoes from pouch, cooked sliced chicken, avocado, bacon, egg and blue cheese in large bowl. Toss with blue cheese dressing, to taste.

Nutrition Facts



Properties

Glycemic Index:45.67, Glycemic Load:1.32, Inflammation Score:-7, Nutrition Score:23.628695622734%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 465.16kcal (23.26%), Fat: 33.88g (52.12%), Saturated Fat: 7.34g (45.86%), Carbohydrates: 9.2g (3.07%), Net Carbohydrates: 3.8g (1.38%), Sugar: 2.64g (2.93%), Cholesterol: 148.47mg (49.49%), Sodium: 389.23mg (16.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.43g (64.86%), Vitamin B3: 14.12mg (70.58%), Selenium: 46.04µg (65.78%), Vitamin B6: 1.15mg (57.4%), Phosphorus: 384.44mg (38.44%), Vitamin B5: 3.1mg (31%),

Potassium: 996.03mg (28.46%), Vitamin E: 4.24mg (28.26%), Vitamin K: 29.05µg (27.66%), Vitamin C: 18.1mg (21.94%), Fiber: 5.39g (21.57%), Vitamin B2: 0.36mg (20.97%), Folate: 81.22µg (20.31%), Vitamin A: 916.95IU (18.34%), Magnesium: 63.12mg (15.78%), Vitamin B1: 0.19mg (12.6%), Zinc: 1.85mg (12.35%), Manganese: 0.21mg (10.75%), Copper: 0.21mg (10.74%), Vitamin B12: 0.61µg (10.16%), Calcium: 90.83mg (9.08%), Iron: 1.36mg (7.57%), Vitamin D: 0.56µg (3.72%)