



Grilled Chicken With Corn and Slaw

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



807 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter melted
- 1 lb chicken breast
- 10 oz coleslaw mix shredded
- 4 ears corn fresh
- 0.3 cup cilantro leaves fresh chopped
- 1 cup mayonnaise
- 3 tablespoons olive oil
- 0.1 teaspoon pepper

- 0.3 teaspoon pepper
- 0.8 teaspoon salt divided
- 0.5 teaspoon sugar
- 6 tablespoons citrus champagne vinegar divided

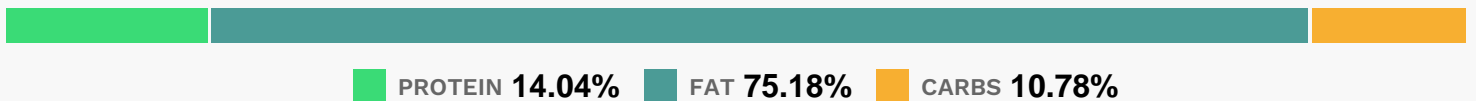
Equipment

- bowl
- grill

Directions

- Combine mayonnaise, cilantro, 3 Tbsp. vinegar, 1/4 tsp. salt, and 1/8 tsp. pepper in a small bowl. Reserve 3/4 cup mayonnaise mixture.
- Brush chicken with remaining 1/4 cup mayonnaise mixture.
- Preheat grill to 350 to 400 (medium-high) heat. Grill chicken and corn at the same time, covered with grill lid. Grill chicken 7 to 10 minutes on each side or until done; grill corn 14 to 20 minutes or until done, turning every 4 to 5 minutes and basting with melted butter.
- Toss coleslaw mix with oil, sugar, 1/4 tsp. pepper, and remaining 3 Tbsp. vinegar and 1/2 tsp. salt. Season chicken and corn with salt and pepper to taste.
- Serve with coleslaw and reserved mayonnaise mixture.

Nutrition Facts



Properties

Glycemic Index:77.52, Glycemic Load:1.57, Inflammation Score:-7, Nutrition Score:24.938695700272%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 806.64kcal (40.33%), Fat: 68.13g (104.82%), Saturated Fat: 16.26g (101.6%), Carbohydrates: 21.98g (7.33%), Net Carbohydrates: 18.34g (6.67%), Sugar: 8.74g (9.71%), Cholesterol: 126.6mg (42.2%), Sodium: 1043.16mg (45.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.63g (57.27%), Vitamin K: 156.36µg (148.92%), Vitamin B3: 13.61mg (68.03%), Selenium: 38.49µg (54.99%), Vitamin B6: 1.03mg (51.39%), Vitamin C: 33.8mg (40.97%), Phosphorus: 354.4mg (35.44%), Vitamin E: 4.09mg (27.26%), Vitamin B5: 2.53mg (25.32%), Potassium: 814.35mg (23.27%), Folate: 76.69µg (19.17%), Magnesium: 73.62mg (18.41%), Vitamin B1: 0.26mg (17.5%), Manganese: 0.32mg (16.03%), Vitamin A: 731.23IU (14.62%), Fiber: 3.65g (14.59%), Vitamin B2: 0.21mg (12.28%), Zinc: 1.31mg (8.74%), Iron: 1.54mg (8.56%), Copper: 0.11mg (5.53%), Vitamin B12: 0.32µg (5.3%), Calcium: 46.94mg (4.69%), Vitamin D: 0.23µg (1.5%)