



Grilled Chicken with Italian Salsa



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



12

CALORIES



279 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 30 oz garbanzo beans drained canned (garbanzo beans)
- ☐ 5 oz olives ripe drained sliced canned
- ☐ 2 cups bell pepper chopped
- ☐ 1.5 cups tomatoes seeded chopped
- ☐ 0.3 cup onion red chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1.3 cups salad dressing italian
- ☐ 3 lb chicken breast boneless skinless

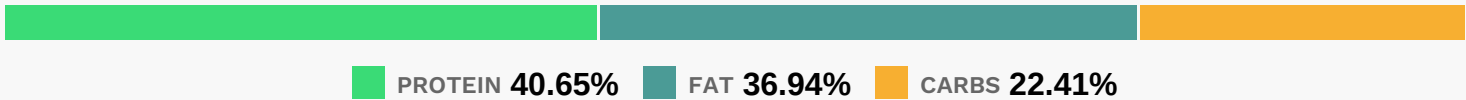
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ To make salsa, in large bowl, mix beans, olives, bell peppers, tomatoes, onion, parsley and 1 cup of the dressing until well blended. Cover and refrigerate 1 hour.
- ☐ Heat coals or gas grill for direct heat.
- ☐ Brush chicken with remaining 1/4 cup dressing.
- ☐ Cover and grill chicken over medium heat 15 to 20 minutes, turning and brushing with dressing occasionally, until juice of chicken is clear when center of thickest part is cut (170°F).
- ☐ Serve chicken with salsa.

Nutrition Facts



Properties

Glycemic Index:14.11, Glycemic Load:3.18, Inflammation Score:-8, Nutrition Score:21.45652153181%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 279.11kcal (13.96%), Fat: 11.42g (17.56%), Saturated Fat: 1.77g (11.08%), Carbohydrates: 15.59g (5.2%), Net Carbohydrates: 11.24g (4.09%), Sugar: 4.39g (4.88%), Cholesterol: 72.57mg (24.19%), Sodium: 758.68mg (32.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.27g (56.53%), Vitamin B6: 1.3mg (64.81%), Vitamin B3: 12.35mg (61.77%), Selenium: 38.34µg (54.78%), Vitamin C: 37.78mg (45.79%), Vitamin K: 37.3µg (35.53%), Manganese: 0.66mg (32.98%), Phosphorus: 311.6mg (31.16%), Vitamin A: 1137.93IU (22.76%), Vitamin B5: 1.93mg (19.35%), Potassium: 655.49mg (18.73%), Fiber: 4.35g (17.4%), Magnesium: 57.13mg (14.28%), Vitamin E: 1.7mg

(11.36%), Folate: 39.36µg (9.84%), Iron: 1.65mg (9.19%), Vitamin B2: 0.15mg (8.92%), Copper: 0.18mg (8.81%), Zinc: 1.28mg (8.54%), Vitamin B1: 0.13mg (8.37%), Calcium: 45.89mg (4.59%), Vitamin B12: 0.23µg (3.78%)