



 **100%**
HEALTH SCORE

Grilled Chicken With Roasted Kale

 **Gluten Free**  **Very Healthy**

READY IN



40 min.

SERVINGS



4

CALORIES



190 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup cherry tomatoes halved
- 3 cloves garlic thinly sliced
- 10 cups kale
- 4 servings kosher salt and pepper freshly ground
- 1 tablespoon juice of lemon fresh
- 2 tablespoons olive oil extra-virgin plus more for brushing
- 0.3 cup parmesan cheese grated
- 0.5 pound red-skinned potatoes cut into 1/2-inch pieces

1.5 pounds chicken breasts 4 cups salad greens mixed boneless skinless

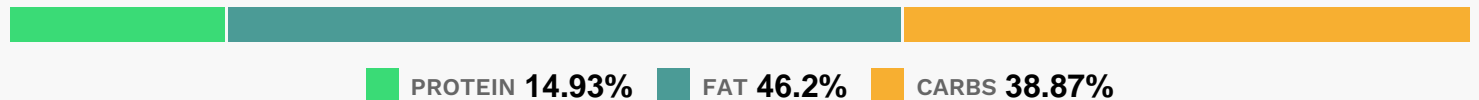
Equipment

- bowl
- baking sheet
- oven
- grill
- grill pan

Directions

- Preheat the oven to 425 degrees F. Toss the potatoes with 1/2 tablespoon olive oil on a rimmed baking sheet; spread in a single layer and roast 5 minutes. Toss the kale in a large bowl with the garlic, 1/2 tablespoon olive oil, 1/4 teaspoon salt, and pepper to taste.
- Add to the baking sheet with the potatoes and toss. Roast until the kale is crisp and the potatoes are tender, stirring once, 15 to 20 minutes. Meanwhile, preheat a grill or grill pan to medium and brush with olive oil. Slice the chicken breasts in half horizontally to make 4 cutlets. Coat evenly with 1/2 tablespoon olive oil and season with salt and pepper. Grill the chicken until well marked and cooked through, 2 to 4 minutes per side.
- Transfer to a plate. Toss the kale, potatoes, the remaining 1/2 tablespoon olive oil, the salad greens, tomatoes, parmesan, lemon juice, and salt and pepper to taste in a large bowl. Divide the chicken among plates and top with any collected juices.
- Serve with the kale salad.
- Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.26, Inflammation Score:-10, Nutrition Score:24.950434960749%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 12.39mg, Isorhamnetin: 12.39mg, Isorhamnetin: 12.39mg, Isorhamnetin: 12.39mg Kaempferol: 24.58mg, Kaempferol: 24.58mg, Kaempferol: 24.58mg, Kaempferol: 24.58mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 12.41mg, Quercetin: 12.41mg, Quercetin: 12.41mg

Nutrients (% of daily need)

Calories: 189.77kcal (9.49%), Fat: 10.35g (15.93%), Saturated Fat: 2.39g (14.96%), Carbohydrates: 19.6g (6.53%), Net Carbohydrates: 16.29g (5.92%), Sugar: 1.74g (1.93%), Cholesterol: 7.25mg (2.42%), Sodium: 424.49mg (18.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.53g (15.06%), Vitamin K: 211.31µg (201.25%), Vitamin A: 7344.61IU (146.89%), Vitamin C: 99.77mg (120.94%), Manganese: 0.74mg (37.06%), Folate: 109.43µg (27.36%), Calcium: 241.34mg (24.13%), Potassium: 802.18mg (22.92%), Phosphorus: 191.59mg (19.16%), Vitamin B2: 0.32mg (18.86%), Vitamin B6: 0.36mg (18.04%), Iron: 2.57mg (14.29%), Magnesium: 53.89mg (13.47%), Fiber: 3.31g (13.22%), Vitamin B3: 2.33mg (11.66%), Vitamin B1: 0.17mg (11.38%), Copper: 0.21mg (10.68%), Vitamin E: 1.51mg (10.1%), Zinc: 1.16mg (7.76%), Selenium: 4.77µg (6.81%), Vitamin B5: 0.48mg (4.8%), Vitamin B12: 0.11µg (1.88%)