



WHATSheATE



Grilled Chicken with Shredded Mesclun Salad



Gluten Free



Dairy Free

READY IN



1500 min.

SERVINGS



4

CALORIES



362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 chicken breast halves with skin and bones (3 lb total)
- ☐ 1 cup basil fresh loosely packed thinly sliced
- ☐ 1 tablespoon honey
- ☐ 0.5 cup juice of lime fresh
- ☐ 6 cups the salad thinly sliced
- ☐ 1 cup olive oil
- ☐ 0.5 teaspoon pepper dried red hot
- ☐ 2.3 teaspoons salt

- ☐ 0.5 cup shallots halved lengthwise thinly sliced
- ☐ 2 large tomatoes cut into 1/2-inch pieces (2 cups)

Equipment

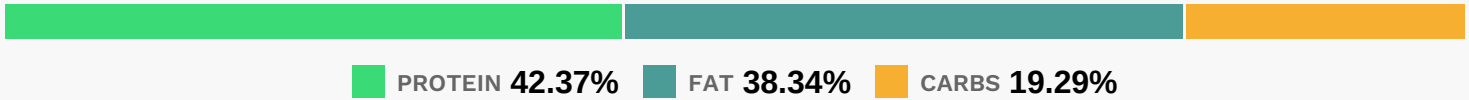
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ baking pan
- ☐ grill
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Whisk together lime juice, honey, red pepper flakes, and 3/4 teaspoon salt in a large bowl and add oil in a slow stream, whisking.
- ☐ Transfer chicken to a 1-gallon sealable plastic bag and add 1/3 cup lime vinaigrette, then seal bag. Marinate chicken at room temperature 15 minutes.
- ☐ Transfer another 1/3 cup lime vinaigrette to a bowl, stir in tomatoes and shallots, and marinate until chicken is finished cooking.
- ☐ Transfer another 1/3 cup lime vinaigrette to a large bowl and set aside for cooked chicken. Put remaining lime vinaigrette in a small airtight container and reserve for lettuce wraps (recipe follows).
- ☐ Remove chicken from bag, discarding marinade, and sprinkle all over with remaining 1 1/2 teaspoons salt.
- ☐ Open vents on bottom of grill and on lid. Light a large chimney starter of charcoal briquettes (80 to 10
- ☐ and pour them evenly over 1 side of bottom rack (you will have a double or triple layer of briquettes).
- ☐ When charcoal turns grayish white (after 15 to 20 minutes) and you can hold your hand 5 inches above rack for 3 to 4 seconds, sear chicken breasts, starting with skin sides down, on a

- lightly oiled rack over coals, uncovered, turning once, until well browned, 5 to 6 minutes total.
- ☐ Move browned chicken breasts to side of grill with no coals and cook, covered with lid, turning over occasionally, until just cooked through, 12 to 15 minutes more.
 - ☐ Preheat all burners on high, covered, 10 minutes, then adjust heat to moderately high.
 - ☐ Sear chicken on lightly oiled grill rack, covered with lid, turning frequently, until well browned, about 6 minutes total.
 - ☐ Turn off 1 burner (middle burner if there are
 - ☐ and arrange all seared chicken on rack above shut-off burner. Cook seared chicken, covered with lid, turning over once, until just cooked through, 10 to 15 minutes.
 - ☐ Transfer hot grilled chicken to large bowl with lime vinaigrette and turn to coat. Leave in bowl 5 minutes, then transfer to a platter and loosely cover with foil.
 - ☐ Toss together mesclun, basil, tomato mixture, and salt to taste.
 - ☐ Drizzle some lime vinaigrette from bowl over chicken and serve with mesclun salad.
 - ☐ • If you aren't able to grill outdoors, chicken can be roasted, skin sides up, in an oiled foil-lined large shallow baking pan in middle of a preheated 500°F oven until skin is crisp and chicken is cooked through, 25 to 35 minutes total. • If making the lettuce wraps (recipe follows), set aside 2 cooked breast halves. Cool to room temperature, then chill, covered with plastic wrap, up to 3 days.

Nutrition Facts



Properties

Glycemic Index:47.57, Glycemic Load:4.44, Inflammation Score:-9, Nutrition Score:27.108260978823%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg Naringenin: 0.73mg, Naringenin: 0.73mg, Naringenin: 0.73mg, Naringenin: 0.73mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 361.58kcal (18.08%), Fat: 15.54g (23.91%), Saturated Fat: 2.5g (15.62%), Carbohydrates: 17.6g (5.87%), Net Carbohydrates: 15.24g (5.54%), Sugar: 9.58g (10.64%), Cholesterol: 108.48mg (36.16%), Sodium: 1533.77mg (66.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.64g (77.28%), Vitamin B3: 18.74mg (93.7%), Selenium: 54.98µg (78.54%), Vitamin B6: 1.52mg (75.98%), Vitamin C: 40.97mg (49.66%), Phosphorus: 427.49mg (42.75%), Vitamin A: 1897.41IU (37.95%), Vitamin K: 39.61µg (37.73%), Potassium: 1105.87mg (31.6%), Vitamin B5: 2.71mg (27.1%), Manganese: 0.39mg (19.49%), Magnesium: 73.66mg (18.42%), Vitamin E: 2.59mg (17.27%), Folate: 59.97µg (14.99%), Vitamin B2: 0.24mg (13.89%), Vitamin B1: 0.19mg (12.54%), Iron: 1.96mg (10.89%), Zinc: 1.48mg (9.87%), Copper: 0.19mg (9.61%), Fiber: 2.35g (9.41%), Vitamin B12: 0.34µg (5.65%), Calcium: 53.23mg (5.32%), Vitamin D: 0.17µg (1.13%)