



Grilled Chicken With Sweet-and-Sour Cucumber-Radish Salad



Gluten Free



Dairy Free

READY IN



13 min.

SERVINGS



4

CALORIES



158 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups cucumber peeled halved lengthwise thinly sliced
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 1 cup radishes sliced
- ☐ 2 tablespoons onion red minced
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 16 ounce chicken breast halves boneless skinless

- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons water
- ☐ 2 tablespoons vinegar white

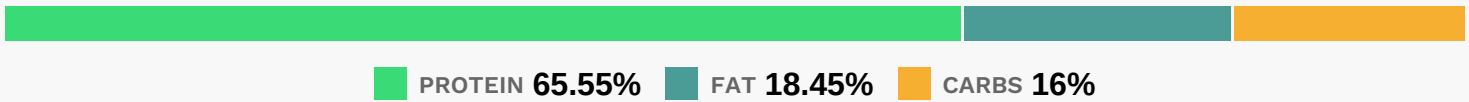
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Combine the cucumber, radish, and red onion in a medium bowl.
- ☐ Whisk together the next 4 ingredients (through salt) in small bowl until sugar is dissolved; pour over vegetables, and toss gently. Cover and refrigerate until ready to serve.
- ☐ Prepare grill. Lightly spray the grill rack with cooking spray.
- ☐ Sprinkle salt and pepper on chicken, and pat into flesh. Grill chicken, covered, over medium-high heat for 4 minutes on each side or until internal temperature is at least 16
- ☐ Serve chicken with a side of the cucumber salad.

Nutrition Facts



Properties

Glycemic Index:56.52, Glycemic Load:2.54, Inflammation Score:-3, Nutrition Score:13.083478072415%

Flavonoids

Pelargonidin: 18.31mg, Pelargonidin: 18.31mg, Pelargonidin: 18.31mg, Pelargonidin: 18.31mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 157.51kcal (7.88%), Fat: 3.1g (4.76%), Saturated Fat: 0.67g (4.17%), Carbohydrates: 6.04g (2.01%), Net Carbohydrates: 4.96g (1.8%), Sugar: 4.67g (5.19%), Cholesterol: 72.57mg (24.19%), Sodium: 581.02mg (25.26%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.74g (49.49%), Vitamin B3: 11.93mg (59.67%), Selenium: 36.62µg (52.32%), Vitamin B6: 0.91mg (45.53%), Phosphorus: 260.07mg (26.01%), Vitamin B5: 1.83mg (18.33%), Potassium: 588.52mg (16.81%), Magnesium: 41.46mg (10.36%), Vitamin C: 8.15mg (9.88%), Vitamin B2: 0.14mg (8.45%), Vitamin B1: 0.1mg (6.62%), Manganese: 0.13mg (6.48%), Zinc: 0.87mg (5.78%), Vitamin K: 5.82µg (5.54%), Folate: 22.09µg (5.52%), Copper: 0.1mg (4.99%), Fiber: 1.08g (4.31%), Iron: 0.71mg (3.93%), Vitamin B12: 0.23µg (3.78%), Calcium: 25.49mg (2.55%), Vitamin A: 85.4IU (1.71%), Vitamin E: 0.24mg (1.59%)