



Grilled Chicken with Tomato and Mozzarella Salad

 Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



184 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon balsamic vinegar
- 0.1 teaspoon pepper black
- 0.3 cup part-skim mozzarella diced
- 1 plum tomatoes diced
- 3 ounce chicken breast boneless skinless

Equipment

- bowl

paper towels

grill

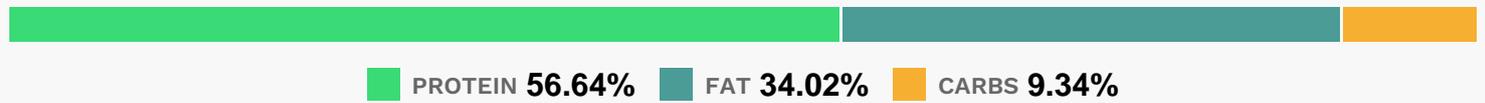
grill pan

Directions

Heat a grill or grill pan over medium-high heat. Rinse the chicken and pat dry with paper towels. Season the chicken with the pepper and grill until cooked through, about 4 minutes per side. Meanwhile, combine the tomato, mozzarella, and vinegar in a bowl.

Transfer to a plate and serve with the chicken.

Nutrition Facts



Properties

Glycemic Index:120, Glycemic Load:1.09, Inflammation Score:-6, Nutrition Score:13.299130444941%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 184.26kcal (9.21%), Fat: 6.79g (10.45%), Saturated Fat: 3.34g (20.84%), Carbohydrates: 4.2g (1.4%), Net Carbohydrates: 3.39g (1.23%), Sugar: 2.7g (3%), Cholesterol: 72.35mg (24.12%), Sodium: 276.28mg (12.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.44g (50.89%), Vitamin B3: 9.27mg (46.36%), Selenium: 31.26µg (44.66%), Vitamin B6: 0.71mg (35.35%), Phosphorus: 324.47mg (32.45%), Calcium: 231.87mg (23.19%), Potassium: 494.06mg (14.12%), Vitamin A: 678.02IU (13.56%), Vitamin B5: 1.29mg (12.93%), Vitamin C: 9.51mg (11.53%), Vitamin B2: 0.18mg (10.71%), Zinc: 1.38mg (9.19%), Magnesium: 36.4mg (9.1%), Vitamin B12: 0.4µg (6.66%), Manganese: 0.12mg (6.23%), Vitamin K: 5.93µg (5.64%), Vitamin B1: 0.08mg (5.51%), Folate: 15.26µg (3.82%), Vitamin E: 0.54mg (3.59%), Copper: 0.07mg (3.56%), Iron: 0.6mg (3.36%), Fiber: 0.81g (3.23%), Vitamin D: 0.17µg (1.13%)