



Grilled Chicken with Tomato-Avocado Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



474 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado ripe peeled sliced
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup cherry tomatoes halved
- ☐ 0.3 teaspoon chipotle sauce
- ☐ 1 teaspoon apple cider vinegar
- ☐ 2 ears corn yellow
- ☐ 2 tablespoons parsley fresh minced
- ☐ 1 teaspoon thyme sprigs fresh minced

- ☐ 1 garlic clove minced
- ☐ 0.8 teaspoon ground cumin
- ☐ 0.1 teaspoon kosher salt
- ☐ 0.8 teaspoon kosher salt divided
- ☐ 3 tablespoons mayonnaise
- ☐ 0.3 cup nonfat buttermilk
- ☐ 1.5 tablespoons olive oil
- ☐ 1 teaspoon onion powder
- ☐ 1 small onion red cut into 1/2-inch slices
- ☐ 1 tablespoon shallots minced
- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 2 tomatoes red cut into 4 slices
- ☐ 2 tomatoes yellow cut into 4 slices

Equipment

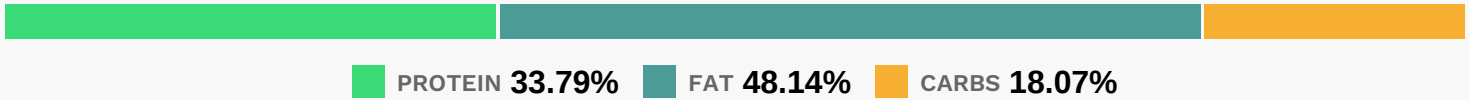
- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Preheat grill to high heat.
- ☐ Combine first 9 ingredients in a small bowl; stir with a whisk. Chill buttermilk mixture until ready to serve.
- ☐ Lightly coat chicken with cooking spray.
- ☐ Combine oil, onion powder, cumin, 1/2 teaspoon salt, and chipotle; rub evenly over chicken. Coat corn and onion with cooking spray. Arrange chicken, corn, and onion on grill rack; grill 8 minutes or until done, turning chicken and onion once and corn occasionally.
- ☐ Remove from grill; let stand 5 minutes.
- ☐ Cut corn kernels from cobs.

- ☐ Slice chicken. Arrange 1 breast on each of 4 plates. Arrange 2 yellow and 2 red tomato slices on each plate. Top each serving with 1/4 cup cherry tomatoes. Divide corn, onion, and avocado evenly among plates.
- ☐ Sprinkle 1/4 teaspoon salt over salads.
- ☐ Drizzle about 1 1/2 tablespoons dressing over each salad.

Nutrition Facts



Properties

Glycemic Index:92.25, Glycemic Load:1.83, Inflammation Score:-9, Nutrition Score:30.632173683332%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 6.22mg, Quercetin: 6.22mg, Quercetin: 6.22mg, Quercetin: 6.22mg

Nutrients (% of daily need)

Calories: 474.13kcal (23.71%), Fat: 25.83g (39.74%), Saturated Fat: 4.19g (26.17%), Carbohydrates: 21.82g (7.27%), Net Carbohydrates: 15.61g (5.68%), Sugar: 8.06g (8.95%), Cholesterol: 113.57mg (37.86%), Sodium: 807.99mg (35.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.81g (81.61%), Vitamin B3: 20.08mg (100.4%), Selenium: 55.71µg (79.58%), Vitamin B6: 1.58mg (79.24%), Vitamin K: 70.39µg (67.04%), Phosphorus: 467.05mg (46.71%), Vitamin C: 33.34mg (40.42%), Potassium: 1304.92mg (37.28%), Vitamin B5: 3.63mg (36.27%), Fiber: 6.2g (24.81%), Magnesium: 93.22mg (23.3%), Folate: 90.89µg (22.72%), Vitamin A: 1108.22IU (22.16%), Vitamin E: 3.07mg (20.49%), Manganese: 0.39mg (19.36%), Vitamin B1: 0.27mg (18.14%), Vitamin B2: 0.3mg (17.48%), Copper: 0.26mg (13.09%), Iron: 2.21mg (12.29%), Zinc: 1.83mg (12.18%), Vitamin B12: 0.35µg (5.88%), Calcium: 48.31mg (4.83%), Vitamin D: 0.19µg (1.27%)