



Grilled Chicken with Tomato Salad

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



613 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon capers drained
- ☐ 3.5 pounds chicken thighs
- ☐ 2 teaspoons olive oil extravirgin
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 2 garlic cloves minced

- ☐ 2 cups grape tomatoes halved
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 cup onion finely chopped
- ☐ 2 tablespoons onion diced red
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons citrus champagne vinegar

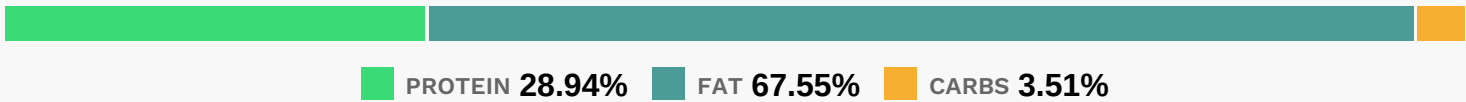
Equipment

- ☐ bowl
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ To prepare chicken, combine first 3 ingredients in a large zip-top plastic bag.
- ☐ Add chicken to bag; seal. Marinate in refrigerator 2 hours, turning occasionally.
- ☐ Prepare grill.
- ☐ Remove chicken from bag; discard marinade.
- ☐ Sprinkle chicken evenly with 1/2 teaspoon salt and 1/2 teaspoon pepper.
- ☐ Place chicken on a grill rack coated with cooking spray; grill 9 minutes on each side or until done.
- ☐ To prepare salad, combine tomatoes and remaining ingredients in a large bowl; toss well.
- ☐ Serve with chicken.

Nutrition Facts



Properties

Glycemic Index:41.33, Glycemic Load:1.03, Inflammation Score:-6, Nutrition Score:21.423043541286%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg Kaempferol: 1.93mg, Kaempferol: 1.93mg, Kaempferol: 1.93mg, Kaempferol: 1.93mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 6.02mg, Quercetin: 6.02mg, Quercetin: 6.02mg, Quercetin: 6.02mg

Nutrients (% of daily need)

Calories: 612.56kcal (30.63%), Fat: 45.45g (69.92%), Saturated Fat: 12.07g (75.41%), Carbohydrates: 5.31g (1.77%), Net Carbohydrates: 4.24g (1.54%), Sugar: 2.17g (2.41%), Cholesterol: 259.3mg (86.43%), Sodium: 536.02mg (23.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.8g (87.61%), Selenium: 49.81µg (71.16%), Vitamin B3: 12.65mg (63.23%), Vitamin B6: 0.99mg (49.52%), Phosphorus: 439.21mg (43.92%), Vitamin K: 32.98µg (31.41%), Vitamin B12: 1.69µg (28.22%), Vitamin B5: 2.78mg (27.78%), Zinc: 3.46mg (23.09%), Vitamin B2: 0.37mg (21.72%), Potassium: 708.9mg (20.25%), Vitamin B1: 0.23mg (15.18%), Magnesium: 59.82mg (14.95%), Vitamin C: 12.3mg (14.9%), Vitamin A: 736.4IU (14.73%), Iron: 2.13mg (11.85%), Copper: 0.19mg (9.35%), Manganese: 0.18mg (9.21%), Vitamin E: 1.05mg (7.01%), Folate: 21.98µg (5.49%), Fiber: 1.08g (4.3%), Calcium: 36.96mg (3.7%), Vitamin D: 0.26µg (1.76%)