



Grilled Chicken with Wilted Slaw



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 slices bacon
- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 1 teaspoon caraway seeds crushed
- ☐ 6 tablespoons cider vinegar
- ☐ 14 ounce dole® classic coleslaw
- ☐ 2 large dole green onions
- ☐ 0.8 teaspoon ground allspice
- ☐ 2 teaspoons honey

- ☐ 3 tablespoons blackstrap molasses
- ☐ 3 tablespoons olive oil
- ☐ 0.8 teaspoon salt
- ☐ 6 chicken thighs boneless skinless

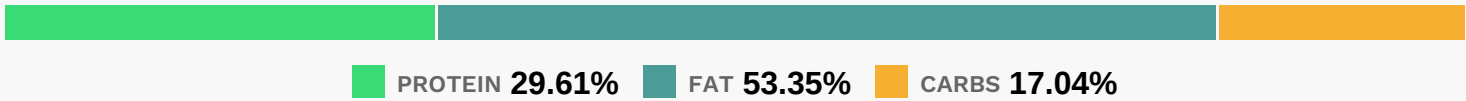
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill

Directions

- ☐ Whisk together 3 tablespoons cider vinegar, molasses, olive oil, allspice, salt and pepper.
- ☐ Arrange chicken in 11x7-inch dish pour marinade over, turning chicken to coat. Cover; refrigerate for 30 minutes.
- ☐ Remove chicken from marinade, discard marinade. Grill 3 to 4 minutes on each side or until no longer pink in center. Keep covered and warm.
- ☐ Combine remaining vinegar and honey in bowl; stir. Cook bacon over moderate heat, large skillet, stirring, until crisp. Crumble bacon. Reserve 2 tablespoons bacon fat.
- ☐ Heat bacon fat over medium-high heat until hot but not smoking ; cook caraway seeds, stirring until fragrant, about 30 seconds.
- ☐ Add coleslaw, vinegar mixture and salt and pepper to taste and cook, stirring, until cabbage is just wilted about 1 minute.
- ☐ Remove skillet from heat; add green onions and bacon. Toss together. Plate slaw on 6 different dishes and place cooked chicken on top of slaw to serve.

Nutrition Facts



Properties

Glycemic Index:43.21, Glycemic Load:5.48, Inflammation Score:-5, Nutrition Score:18.939565308716%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 348.93kcal (17.45%), Fat: 20.55g (31.61%), Saturated Fat: 5.09g (31.84%), Carbohydrates: 14.77g (4.92%), Net Carbohydrates: 12.65g (4.6%), Sugar: 11.76g (13.07%), Cholesterol: 121.87mg (40.62%), Sodium: 555.12mg (24.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.65g (51.31%), Vitamin K: 75.42µg (71.83%), Selenium: 32.08µg (45.83%), Vitamin B3: 7.51mg (37.56%), Vitamin B6: 0.72mg (35.92%), Vitamin C: 25.96mg (31.46%), Phosphorus: 270.24mg (27.02%), Manganese: 0.38mg (18.81%), Potassium: 624.59mg (17.85%), Vitamin B5: 1.71mg (17.1%), Magnesium: 64.86mg (16.22%), Vitamin B2: 0.25mg (14.94%), Zinc: 2.19mg (14.62%), Vitamin B1: 0.21mg (14.22%), Vitamin B12: 0.83µg (13.89%), Iron: 2.08mg (11.54%), Vitamin E: 1.46mg (9.75%), Folate: 38.51µg (9.63%), Fiber: 2.12g (8.48%), Copper: 0.15mg (7.54%), Calcium: 70.73mg (7.07%), Vitamin A: 187.1IU (3.74%)