



Grilled Greek Chicken Salad

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



438 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 lb chicken breast uncooked (not breaded)
- 2 teaspoons vegetable oil
- 2 teaspoons greek olives
- 10 oz baby spinach fresh washed
- 1 medium cucumber diced peeled seeded
- 1 cup cherry tomatoes halved
- 0.3 cup kalamata olives pitted halved
- 0.7 cup balsamic vinaigrette salad dressing

0.3 cup feta cheese crumbled

Equipment

bowl

grill

Directions

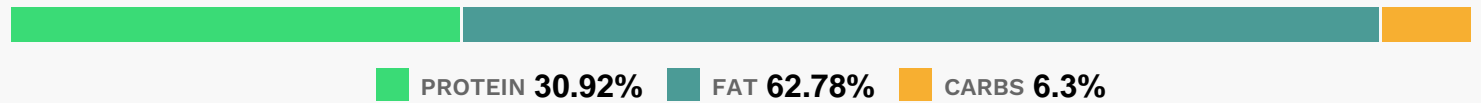
Heat gas or charcoal grill. Toss chicken tenders with oil; sprinkle with Greek seasoning.

Place chicken on grill over medium heat. Cover grill; cook 5 to 6 minutes, turning once, until no longer pink in center.

Meanwhile, in large bowl, toss spinach, cucumber, tomatoes and olives with dressing. Spoon onto 4 serving plates; serve with chicken tenders.

Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:0.53, Inflammation Score:-10, Nutrition Score:33.960869892784%

Flavonoids

Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Kaempferol: 4.53mg, Kaempferol: 4.53mg, Kaempferol: 4.53mg, Kaempferol: 4.53mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg

Nutrients (% of daily need)

Calories: 438.25kcal (21.91%), Fat: 30.88g (47.5%), Saturated Fat: 6.46g (40.4%), Carbohydrates: 6.98g (2.33%), Net Carbohydrates: 4.44g (1.62%), Sugar: 3.02g (3.35%), Cholesterol: 99.06mg (33.02%), Sodium: 502.88mg (21.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.21g (68.43%), Vitamin K: 392.89µg (374.18%), Vitamin A: 6989.1IU (139.78%), Vitamin B3: 15.63mg (78.16%), Selenium: 48.48µg (69.25%), Vitamin B6: 1.3mg (64.9%), Folate: 158.37µg (39.59%), Phosphorus: 385.41mg (38.54%), Vitamin C: 31.72mg (38.45%), Manganese: 0.74mg (36.77%), Potassium: 1083.21mg (30.95%), Vitamin E: 4.47mg (29.79%), Magnesium: 105.21mg (26.3%), Vitamin B5: 2.33mg (23.28%), Vitamin B2: 0.38mg (22.14%), Iron: 2.92mg (16.24%), Calcium: 140.27mg (14.03%), Vitamin B1: 0.19mg (12.78%), Zinc: 1.61mg (10.73%), Copper: 0.21mg (10.51%), Fiber: 2.53g (10.13%), Vitamin B12: 0.44µg (7.37%), Vitamin D: 0.18µg (1.19%)