



Grilled Italian Chicken Salad



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



231 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.7 cup plum tomatoes chopped (Roma)
- ☐ 0.7 ounce salad dressing italian
- ☐ 0.3 cup raspberry vinegar
- ☐ 6 cups the salad mixed
- ☐ 1.3 pounds chicken breast halves boneless skinless
- ☐ 1 tablespoon vegetable oil
- ☐ 0.3 cup water

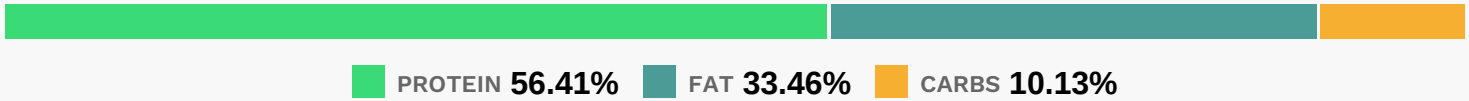
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ In medium bowl, mix vinegars and water. Stir in dressing mix. Stir in oil. Divide dressing mixture in half.
- ☐ Place chicken in shallow glass or plastic dish or heavy-duty resealable plastic food-storage bag.
- ☐ Pour half of the dressing mixture over chicken; turn chicken to coat. Cover dish or seal bag and refrigerate 15 minutes. Cover and refrigerate remaining dressing mixture.
- ☐ Heat coals or gas grill for direct heat.
- ☐ Remove chicken from marinade; reserve marinade. Cover and grill chicken over medium heat 15 to 20 minutes, turning and brushing with marinade occasionally, until juice of chicken is clear when center of thickest part is cut (170F). Discard any remaining marinade.
- ☐ Cut chicken into slices.
- ☐ Serve chicken on salad greens with remaining dressing mixture. Top with tomatoes.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:1.16, Inflammation Score:-7, Nutrition Score:18.182608420434%

Flavonoids

Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 231.48kcal (11.57%), Fat: 8.24g (12.68%), Saturated Fat: 1.49g (9.29%), Carbohydrates: 5.61g (1.87%), Net Carbohydrates: 5.14g (1.87%), Sugar: 2.85g (3.17%), Cholesterol: 90.72mg (30.24%), Sodium: 234.84mg (10.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.25g (62.5%), Vitamin B3: 15.35mg (76.77%), Selenium:

45.72µg (65.31%), Vitamin B6: 1.14mg (57.22%), Phosphorus: 334.39mg (33.44%), Vitamin C: 21.04mg (25.51%), Potassium: 748.78mg (21.39%), Vitamin B5: 2.13mg (21.27%), Vitamin A: 1054.37IU (21.09%), Magnesium: 50.14mg (12.54%), Vitamin K: 12.43µg (11.84%), Manganese: 0.22mg (10.8%), Vitamin B2: 0.18mg (10.54%), Folate: 33.78µg (8.45%), Vitamin B1: 0.12mg (8.29%), Zinc: 1.03mg (6.9%), Iron: 1.12mg (6.22%), Vitamin E: 0.87mg (5.79%), Copper: 0.1mg (4.93%), Vitamin B12: 0.28µg (4.72%), Calcium: 23.47mg (2.35%), Fiber: 0.47g (1.89%)