



Grilled Lemon Chicken Salad with Dill Cream Dressing

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 celery stalks thinly sliced
- ☐ 0.8 cup optional: dill fresh chopped
- ☐ 4 tablespoons juice of lemon fresh
- ☐ 3 teaspoons lemon zest grated
- ☐ 3 tablespoons mayonnaise
- ☐ 0.5 cup olive oil
- ☐ 1 cup olive green pitted coarsely chopped

- ☐ 1 pound potatoes – remove skin unpeeled cut into 1/2-inch cubes
- ☐ 1 large shallots finely chopped
- ☐ 4 large chicken breast halves boneless skinless
- ☐ 3 tablespoons cream sour
- ☐ 1 pound zucchini

Equipment

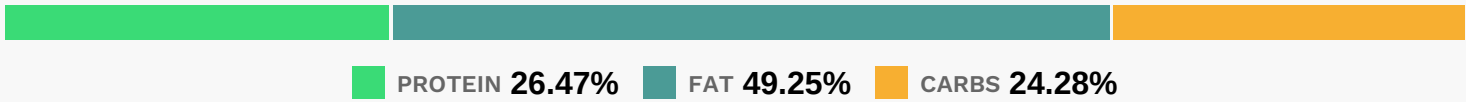
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill
- ☐ grill pan

Directions

- ☐ Combine 1/2 cup dill, 1/2 cup olive oil, 3 tablespoons lemon juice, shallot, and 2 teaspoons lemon peel in large bowl; whisk to blend. Season with salt and pepper.
- ☐ Add chicken and stir to coat. Marinate at room temperature 1 hour or chill up to 8 hours, turning chicken occasionally.
- ☐ Combine mayonnaise, sour cream, 1/4 cup dill, 1 tablespoon lemon juice, and 1 teaspoon peel in small bowl; whisk to blend. Season with salt and pepper. Cover and chill until ready to use.
- ☐ Steam potatoes until just tender, about 12 minutes.
- ☐ Transfer to large bowl; sprinkle with salt and pepper.
- ☐ Combine zucchini slices and 2 tablespoons olive oil in medium bowl.
- ☐ Sprinkle with salt; toss to coat.
- ☐ Heat grill pan or large ridged cast-iron skillet over high heat until very hot, about 4 minutes. Working in batches, grill zucchini slices until just crisp-tender, about 1 minute per side; transfer to plate. Grill chicken until brown and cooked through, about 6 minutes per side.
- ☐ Transfer to work surface; cool 15 minutes.
- ☐ Cut chicken into 1/2-inch cubes; add to potatoes in bowl.
- ☐ Mix in celery, olives, and dressing; season with salt and pepper.

Overlap zucchini slices around edge of platter. Mound chicken salad in center.

Nutrition Facts



Properties

Glycemic Index:23.67, Glycemic Load:0.48, Inflammation Score:-7, Nutrition Score:17.071739067202%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 2.56mg, Isorhamnetin: 2.56mg, Isorhamnetin: 2.56mg, Isorhamnetin: 2.56mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg

Nutrients (% of daily need)

Calories: 284.06kcal (14.2%), Fat: 15.84g (24.37%), Saturated Fat: 2.91g (18.16%), Carbohydrates: 17.57g (5.86%), Net Carbohydrates: 14.37g (5.22%), Sugar: 3.88g (4.31%), Cholesterol: 54.69mg (18.23%), Sodium: 510.27mg (22.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.15g (38.31%), Vitamin B3: 9.25mg (46.23%), Vitamin B6: 0.86mg (42.95%), Vitamin C: 31.54mg (38.23%), Selenium: 25.3µg (36.14%), Potassium: 912.78mg (26.08%), Phosphorus: 247.75mg (24.78%), Vitamin K: 20.2µg (19.23%), Manganese: 0.34mg (17.13%), Vitamin A: 773.12IU (15.46%), Vitamin B5: 1.53mg (15.33%), Magnesium: 58.05mg (14.51%), Fiber: 3.21g (12.83%), Vitamin E: 1.89mg (12.63%), Folate: 49.23µg (12.31%), Vitamin B2: 0.2mg (12.03%), Vitamin B1: 0.16mg (10.63%), Copper: 0.21mg (10.33%), Iron: 1.72mg (9.54%), Zinc: 1.05mg (6.99%), Calcium: 58.28mg (5.83%), Vitamin B12: 0.17µg (2.86%)