



Grilled Lemon-Herb Chicken Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



224 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups bell pepper rings yellow thinly sliced
- ☐ 12 cherry tomatoes halved
- ☐ 1 tablespoon basil dried
- ☐ 1 tablespoon parsley flakes dried
- ☐ 1 tablespoon garlic minced
- ☐ 3 tablespoons dressing fat-free italian
- ☐ 0.3 cup juice of lemon
- ☐ 1 tablespoon olive oil

- ☐ 0.5 teaspoon pepper
- ☐ 1.5 cups onion red separated thinly sliced
- ☐ 12 ounce roasted peppers red drained
- ☐ 10 ounce mediterranean-blend salad greens
- ☐ 0.3 teaspoon salt
- ☐ 24 ounce skinned

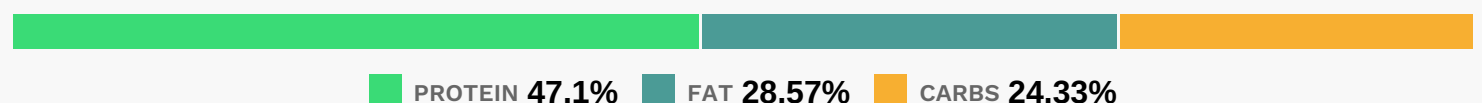
Equipment

- ☐ blender
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Combine first 5 ingredients in a large zip-top plastic bag.
- ☐ Add chicken to bag; seal bag. Marinate in refrigerator 8 hours.
- ☐ Place roasted peppers and Italian dressing in a blender; process until smooth (dressing will be thick). Set aside.
- ☐ Prepare grill.
- ☐ Remove chicken from bag; discard marinade.
- ☐ Sprinkle salt and pepper over chicken.
- ☐ Place chicken on grill rack coated with cooking spray; cover and grill 6 minutes on each side or until done.
- ☐ Cut each breast half diagonally into strips.
- ☐ Divide salad greens evenly among six plates. Top each serving with 1 sliced breast half, 1/4 cup yellow pepper, 1/4 cup onion, 2 tomatoes, and 1/4 cup roasted pepper dressing.

Nutrition Facts



Properties

Glycemic Index:14.83, Glycemic Load:0.97, Inflammation Score:-9, Nutrition Score:23.037825957589%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 15.02mg, Apigenin: 15.02mg, Apigenin: 15.02mg, Apigenin: 15.02mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 3.11mg, Isorhamnetin: 3.11mg, Isorhamnetin: 3.11mg, Isorhamnetin: 3.11mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 8.81mg, Quercetin: 8.81mg, Quercetin: 8.81mg, Quercetin: 8.81mg

Nutrients (% of daily need)

Calories: 223.81kcal (11.19%), Fat: 7.19g (11.06%), Saturated Fat: 1.26g (7.89%), Carbohydrates: 13.77g (4.59%), Net Carbohydrates: 11.4g (4.14%), Sugar: 3.6g (4.01%), Cholesterol: 72.57mg (24.19%), Sodium: 1094.95mg (47.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.66g (53.32%), Vitamin C: 122.55mg (148.55%), Vitamin B3: 13.05mg (65.27%), Vitamin B6: 1.16mg (58.18%), Selenium: 37.54µg (53.63%), Phosphorus: 305.41mg (30.54%), Potassium: 845.55mg (24.16%), Manganese: 0.45mg (22.66%), Vitamin A: 1122.75IU (22.46%), Vitamin K: 22.92µg (21.83%), Vitamin B5: 1.88mg (18.83%), Magnesium: 60.1mg (15.03%), Folate: 57.56µg (14.39%), Iron: 2.41mg (13.38%), Vitamin B2: 0.2mg (11.82%), Copper: 0.23mg (11.74%), Vitamin B1: 0.15mg (9.99%), Fiber: 2.37g (9.5%), Calcium: 75.58mg (7.56%), Zinc: 1.13mg (7.54%), Vitamin E: 1.02mg (6.82%), Vitamin B12: 0.23µg (3.78%)