



Grilled Margarita Chicken Salad



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



442 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 medium avocado pitted peeled sliced
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 medium mangos pitted peeled sliced
- ☐ 0.5 cup margarita cocktail frozen thawed ()
- ☐ 6 cups the salad assorted
- ☐ 1.3 lb chicken breast boneless skinless
- ☐ 1 cup strawberries sliced
- ☐ 0.3 cup vegetable oil

☐ 2 tablespoons citrus champagne vinegar

Equipment

☐ bowl

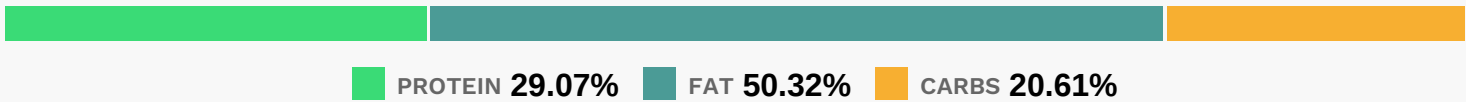
☐ whisk

☐ grill

Directions

- ☐ Heat coals or gas grill for direct heat. To make dressing, in small bowl, stir margarita mix, oil and vinegar with wire whisk until well blended. Measure 1/4 cup dressing for basting chicken; reserve remaining dressing for serving.
- ☐ Cover and grill chicken over medium heat 15 to 20 minutes, turning and brushing occasionally with 1/4 cup dressing, until juice of chicken is no longer pink when centers of thickest pieces are cut.
- ☐ Cut chicken into slices. In large bowl, toss salad greens, chicken and strawberries; divide among 4 plates. Arrange mango and avocado around each salad.
- ☐ Sprinkle with cilantro.
- ☐ Drizzle with reserved dressing.

Nutrition Facts



Properties

Glycemic Index:40.94, Glycemic Load:4.78, Inflammation Score:-9, Nutrition Score:26.82869539831%

Flavonoids

Cyanidin: 0.82mg, Cyanidin: 0.82mg, Cyanidin: 0.82mg, Cyanidin: 0.82mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Pelargonidin: 8.96mg, Pelargonidin: 8.96mg, Pelargonidin: 8.96mg, Pelargonidin: 8.96mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.01mg, Catechin: 2.01mg, Catechin: 2.01mg, Catechin: 2.01mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg

Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 442.22kcal (22.11%), Fat: 25.03g (38.52%), Saturated Fat: 4.01g (25.07%), Carbohydrates: 23.07g (7.69%), Net Carbohydrates: 18.13g (6.59%), Sugar: 15.46g (17.17%), Cholesterol: 90.72mg (30.24%), Sodium: 206.43mg (8.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.54g (65.08%), Vitamin B3: 16.48mg (82.42%), Vitamin C: 60.96mg (73.89%), Selenium: 46.26µg (66.09%), Vitamin B6: 1.32mg (65.94%), Vitamin K: 41.96µg (39.96%), Phosphorus: 364.17mg (36.42%), Vitamin B5: 2.94mg (29.43%), Potassium: 1021.53mg (29.19%), Vitamin A: 1429.22IU (28.58%), Folate: 100.08µg (25.02%), Vitamin E: 3.02mg (20.13%), Fiber: 4.94g (19.77%), Manganese: 0.36mg (18%), Magnesium: 68.44mg (17.11%), Vitamin B2: 0.27mg (15.66%), Copper: 0.24mg (12.07%), Vitamin B1: 0.17mg (11.08%), Zinc: 1.37mg (9.16%), Iron: 1.46mg (8.13%), Vitamin B12: 0.28µg (4.72%), Calcium: 33.49mg (3.35%)