



## Grilled Mediterranean Chicken Salad

READY IN



25 min.

SERVINGS



25

CALORIES



29 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 cups lightly baby spinach leaves packed
- 0.5 cup cherry tomatoes halved
- 2 Tbsp basil fresh chopped
- 2 slices bread italian
- 0.3 cup onions red thinly sliced
- 0.3 cup roasted pepper dressing red italian divided kraft
- 0.5 cup milk mozzarella cheese shredded 2% kraft
- 0.5 lb chicken breasts boneless skinless

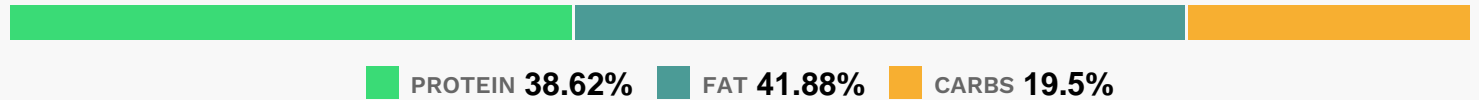
# Equipment

grill

# Directions

- Heat grill to medium heat.
- Brush bread slices with 1 Tbsp. dressing.
- Brush chicken with 1 Tbsp. of the remaining dressing.
- Grill chicken 6 to 8 min. on each side or until done (165F). Meanwhile, grill bread slices 1 min. or until lightly toasted on both sides, turning over after 30 sec.
- Combine tomatoes, cheese and basil. Toss spinach with onions and remaining dressing; spoon onto serving plate. Top with chicken and tomato mixture.
- Serve with bread.

# Nutrition Facts



# Properties

Glycemic Index:6.24, Glycemic Load:0.07, Inflammation Score:-4, Nutrition Score:3.405652159906%

# Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

# Nutrients (% of daily need)

Calories: 28.64kcal (1.43%), Fat: 1.33g (2.05%), Saturated Fat: 0.66g (4.11%), Carbohydrates: 1.4g (0.47%), Net Carbohydrates: 1.16g (0.42%), Sugar: 0.68g (0.76%), Cholesterol: 7.58mg (2.53%), Sodium: 53.87mg (2.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.52%), Vitamin K: 25.44µg (24.22%), Vitamin A: 516.43IU (10.33%), Vitamin B3: 1.09mg (5.43%), Selenium: 3.36µg (4.8%), Vitamin B6: 0.09mg (4.28%), Vitamin C: 3mg (3.63%), Phosphorus: 31.79mg (3.18%), Folate: 12.1µg (3.02%), Manganese: 0.06mg (2.92%), Potassium: 77.89mg (2.23%), Magnesium: 7.78mg (1.94%), Calcium: 18.68mg (1.87%), Vitamin B2: 0.03mg (1.64%), Vitamin B5: 0.14mg (1.43%), Iron: 0.26mg (1.43%), Vitamin B12: 0.07µg (1.15%), Zinc: 0.16mg (1.07%)