



Grilled Orange Vinaigrette Chicken Salad



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup baby carrots chopped
- ☐ 1 cup broccoli fresh chopped
- ☐ 11 ounce mandarin orange segments drained canned
- ☐ 0.3 cup olive oil
- ☐ 0.5 cup orange juice
- ☐ 1 head romaine lettuce dried rinsed chopped
- ☐ 4 tablespoons garlic and herb seasoning blend salt-free
- ☐ 1 pound chicken breast halves boneless skinless

- ☐ 1.5 tablespoons sugar white
- ☐ 0.5 cup citrus champagne vinegar

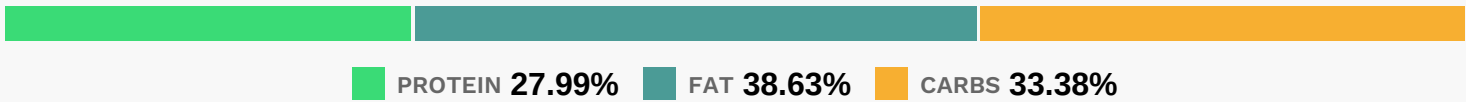
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Preheat grill for medium-high heat.
- ☐ In a bowl, whisk together the orange juice, vinegar, olive oil, seasoning blend, and sugar. Set aside about 1/2 cup for basting.
- ☐ Lightly oil the grill grate. Grill chicken for 6 to 8 minutes on each side, basting frequently with the reserved portion of the dressing, or until juices run clear. Cool, and cut into strips. Discard basting sauce.
- ☐ In a large bowl, toss together the lettuce, oranges, broccoli, and carrots. Top the salad with grilled chicken strips, and drizzle with remaining dressing to serve.

Nutrition Facts



Properties

Glycemic Index:26.52, Glycemic Load:3.51, Inflammation Score:-10, Nutrition Score:30.778695666272%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 266.44kcal (13.32%), Fat: 11.85g (18.23%), Saturated Fat: 1.89g (11.83%), Carbohydrates: 23.04g (7.68%), Net Carbohydrates: 14.99g (5.45%), Sugar: 11.93g (13.25%), Cholesterol: 48.38mg (16.13%), Sodium: 124.59mg (5.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.31g (38.63%), Vitamin A: 13034.27IU (260.69%), Vitamin K: 190.78µg (181.7%), Vitamin C: 47mg (56.97%), Folate: 192.08µg (48.02%), Vitamin B3: 9.2mg (45.98%), Vitamin B6: 0.82mg (41.25%), Manganese: 0.74mg (37.01%), Selenium: 25.86µg (36.94%), Fiber: 8.05g (32.18%), Iron: 5.54mg (30.78%), Potassium: 878.47mg (25.1%), Vitamin E: 3.58mg (23.84%), Phosphorus: 231.12mg (23.11%), Calcium: 219.19mg (21.92%), Magnesium: 74.88mg (18.72%), Vitamin B5: 1.53mg (15.25%), Vitamin B1: 0.22mg (14.81%), Vitamin B2: 0.25mg (14.43%), Copper: 0.19mg (9.7%), Zinc: 1.33mg (8.88%), Vitamin B12: 0.15µg (2.52%)