



Grilled peach, chicken & feta salad

 Gluten Free

READY IN



22 min.

SERVINGS



4

CALORIES



362 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 400 g chicken breast mini
- 3 tbsp olive oil
- 4 peaches ripe cut into quarters
- 4 tsp sherry vinegar
- 1 tbsp clear honey
- 1 to 5 chillies red finely chopped
- 110 g the salad
- 100 g feta cheese crumbled

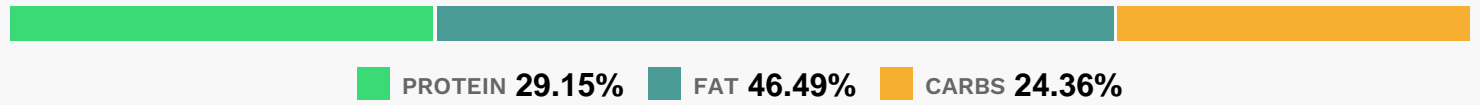
Equipment

- frying pan
- grill

Directions

- Heat a griddle pan. Toss the chicken in tbsp of the oil, and season. Cook for 3–4 mins on each side or until cooked through. Pop on a plate to rest.
- Next toss the peach slices in tbsp oil and some ground black pepper. Grill on their cut sides for 1–2 mins each side.
- Mix the remaining olive oil, vinegar, honey and chilli. Toss with the salad leaves. Arrange the chicken and nectarine slices on top and scatter with the feta.
- Drizzle with the resting juices from the chicken and eat straight away.

Nutrition Facts



Properties

Glycemic Index:41.13, Glycemic Load:8.08, Inflammation Score:-7, Nutrition Score:19.733043323392%

Flavonoids

Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg Epigallocatechin: 1.56mg Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg Epigallocatechin 3–gallate: 0.45mg, Epigallocatechin 3–gallate: 0.45mg, Epigallocatechin 3–gallate: 0.45mg, Epigallocatechin 3–gallate: 0.45mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 361.88kcal (18.09%), Fat: 18.94g (29.14%), Saturated Fat: 5.38g (33.61%), Carbohydrates: 22.34g (7.45%), Net Carbohydrates: 19.91g (7.24%), Sugar: 17.49g (19.44%), Cholesterol: 86.25mg (28.75%), Sodium: 429.48mg (18.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.72g (53.43%), Vitamin B3: 12.18mg (60.92%), Selenium: 39.11µg (55.87%), Vitamin B6: 0.97mg (48.63%), Vitamin C: 29.95mg (36.3%), Phosphorus: 343.42mg

(34.34%), Vitamin B2: 0.38mg (22.52%), Vitamin A: 1044IU (20.88%), Vitamin B5: 1.96mg (19.55%), Vitamin E: 2.92mg (19.46%), Potassium: 656.81mg (18.77%), Calcium: 140.12mg (14.01%), Vitamin K: 13.05µg (12.42%), Magnesium: 48.67mg (12.17%), Zinc: 1.75mg (11.63%), Vitamin B12: 0.62µg (10.38%), Vitamin B1: 0.15mg (10.32%), Fiber: 2.43g (9.72%), Copper: 0.18mg (9.13%), Manganese: 0.18mg (9.07%), Folate: 33.87µg (8.47%), Iron: 1.43mg (7.97%), Vitamin D: 0.2µg (1.33%)