



## Grilled Raspberry-Chipotle Chicken Salad

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



4

CALORIES



569 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.3 lb chicken breast boneless skinless
- 1 cup raspberry sauce
- 10 oz the salad mixed (such as romaine, iceberg and leaf lettuces)
- 2 cups raspberries fresh
- 0.3 cup toffee candies sliced (from 3.75-oz package)
- 2 tablespoons vegetable oil
- 3 tablespoons orange juice

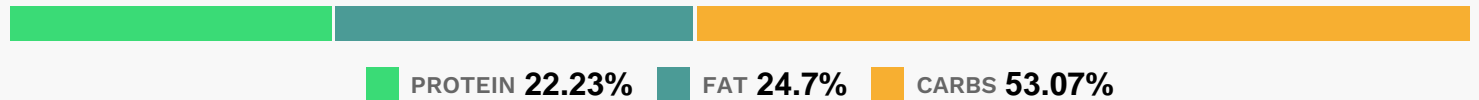
### Equipment

- bowl
- whisk
- grill

## Directions

- Heat gas or charcoal grill.
- Brush both sides of chicken with about 1/4 cup of the raspberry chipotle sauce.
- Place chicken on grill over medium heat. Cover grill; cook 10 to 15 minutes. Turn chicken; brush with 1/4 cup of the raspberry chipotle sauce. Cover grill; cook 3 to 5 minutes longer or until juice of chicken is clear when center of thickest part is cut (170°F).
- Arrange salad greens on 4 serving plates; top with raspberries.
- Cut each chicken breast into slices; fan over salad greens and raspberries.
- Garnish with almonds.
- In small bowl, beat remaining 1/2 cup raspberry chipotle sauce, the oil and orange juice with wire whisk until blended.
- Drizzle over salads.

## Nutrition Facts



## Properties

Glycemic Index:32.25, Glycemic Load:6.4, Inflammation Score:-8, Nutrition Score:23.463912961276%

## Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.52mg,

Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

## **Nutrients (% of daily need)**

Calories: 568.69kcal (28.43%), Fat: 15.86g (24.41%), Saturated Fat: 4.91g (30.67%), Carbohydrates: 76.67g (25.56%), Net Carbohydrates: 72.15g (26.24%), Sugar: 36.4g (40.44%), Cholesterol: 106.1mg (35.37%), Sodium: 221.39mg (9.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.12g (64.23%), Vitamin B3: 15.73mg (78.63%), Selenium: 46.57µg (66.53%), Vitamin C: 51.91mg (62.93%), Vitamin B6: 1.17mg (58.4%), Phosphorus: 353.86mg (35.39%), Manganese: 0.67mg (33.57%), Vitamin B5: 2.39mg (23.87%), Potassium: 813.36mg (23.24%), Vitamin A: 1078.59IU (21.57%), Fiber: 4.52g (18.08%), Vitamin K: 18.49µg (17.61%), Magnesium: 63.24mg (15.81%), Vitamin B2: 0.23mg (13.78%), Folate: 53.71µg (13.43%), Vitamin E: 1.58mg (10.51%), Vitamin B1: 0.15mg (10.21%), Iron: 1.65mg (9.19%), Zinc: 1.3mg (8.65%), Copper: 0.16mg (8.05%), Vitamin B12: 0.3µg (5%), Calcium: 42.83mg (4.28%)