



WHATSheATE



Honey-Chile-Ginger Grilled Chicken and Peach Salad



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



340 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 small ears shucked corn
- ☐ 1 inch ginger fresh grated peeled
- ☐ 2 tablespoons honey
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 tablespoons olive oil
- ☐ 1.3 pounds peaches pitted ripe quartered
- ☐ 1 pound chicken breast boneless skinless

- ☐ 0.3 cup sriracha such as huy fong) hot
- ☐ 8 ounces watercress

Equipment

- ☐ bowl
- ☐ plastic wrap
- ☐ grill
- ☐ broiler
- ☐ wax paper
- ☐ grill pan
- ☐ cutting board

Directions

- ☐ Combine honey and next 3 ingredients (through oil) in a medium bowl.
- ☐ With a mallet, pound chicken breast pieces between 2 sheets of wax paper or plastic wrap until very thin; transfer to a medium dish. Spoon 2-3 tablespoons of chile dressing over the chicken; coat well.
- ☐ Heat a grill pan, grill, or broiler. Lightly coat grill pan, if using, with cooking spray.
- ☐ Sprinkle chicken with salt; grill until cooked through (2-3 minutes per side).
- ☐ Transfer chicken to a cutting board. Continue until all of the chicken is cooked, coating grill with cooking spray as needed.
- ☐ Grill corn until tender (about 5 minutes), brushing lightly with chile dressing while grilling; transfer to a large platter. Grill the peach quarters, just until grill marks appear (about 1 minute per side), brushing lightly with chile dressing while grilling and coating grill as needed; transfer to the platter.
- ☐ Scatter the watercress over the platter. Slice the chicken into smaller pieces; transfer to the platter.
- ☐ Combine cooked juices and remaining chile dressing; stir well.
- ☐ Drizzle over salad as desired; serve.

Nutrition Facts



 **PROTEIN 32.37%**  **FAT 28.5%**  **CARBS 39.13%**

Properties

Glycemic Index:34.88, Glycemic Load:9.6, Inflammation Score:-9, Nutrition Score:27.579565255538%

Flavonoids

Cyanidin: 2.72mg, Cyanidin: 2.72mg, Cyanidin: 2.72mg, Cyanidin: 2.72mg Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg Epigallocatechin: 1.47mg, Epigallocatechin: 1.47mg, Epigallocatechin: 1.47mg, Epigallocatechin: 1.47mg Epicatechin: 3.32mg, Epicatechin: 3.32mg, Epicatechin: 3.32mg, Epicatechin: 3.32mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg 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: 13.37mg, Kaempferol: 13.37mg, Kaempferol: 13.37mg, Kaempferol: 13.37mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 17.94mg, Quercetin: 17.94mg, Quercetin: 17.94mg, Quercetin: 17.94mg

Nutrients (% of daily need)

Calories: 339.53kcal (16.98%), Fat: 11.2g (17.23%), Saturated Fat: 1.39g (8.7%), Carbohydrates: 34.6g (11.53%), Net Carbohydrates: 30.98g (11.26%), Sugar: 24.34g (27.04%), Cholesterol: 72.57mg (24.19%), Sodium: 856.02mg (37.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.62g (57.25%), Vitamin K: 151.86µg (144.63%), Vitamin B3: 14.13mg (70.65%), Vitamin C: 50.38mg (61.06%), Selenium: 40.2µg (57.43%), Vitamin B6: 1.05mg (52.28%), Vitamin A: 2440.17IU (48.8%), Phosphorus: 355.28mg (35.53%), Potassium: 968.99mg (27.69%), Vitamin B5: 2.43mg (24.34%), Vitamin E: 3.11mg (20.73%), Magnesium: 74.95mg (18.74%), Manganese: 0.35mg (17.68%), Vitamin B1: 0.25mg (16.67%), Vitamin B2: 0.28mg (16.26%), Fiber: 3.62g (14.48%), Copper: 0.23mg (11.39%), Folate: 42.74µg (10.69%), Zinc: 1.35mg (9%), Calcium: 83.07mg (8.31%), Iron: 1.45mg (8.06%), Vitamin B12: 0.23µg (3.78%)