



Indian-Style Grilled Chicken Salad

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

READY IN



55 min.

SERVINGS



4

CALORIES



394 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 dash balsamic vinegar
- 2 tablespoons balsamic vinegar
- 1 cup carrots thinly sliced
- 2 tablespoons chili powder
- 3.5 tablespoons tandoori paste
- 0.5 cup bell pepper green chopped
- 0.5 teaspoon ground coriander
- 1 teaspoon ground pepper black

- 0.5 cup juice of lemon
- 1 teaspoon juice of lemon
- 4 cups lettuce chopped
- 5 tablespoons olive oil
- 1 onion thinly sliced
- 0.5 teaspoon ground oregano
- 2 teaspoons pepper sauce hot
- 0.8 cup radishes sliced
- 1 teaspoon salt
- 4 chicken breast halves boneless skinless
- 2 tomatoes ripe chopped

Equipment

- bowl
- grill

Directions

- Preheat an outdoor grill for high heat and lightly oil grate.
- Combine the hot sauce, chili powder, coriander, tandoori paste, oregano, vinegar, lemon juice, and oil in a small bowl. Coat each piece of chicken with the sauce, then discard remaining sauce. Cook the chicken on the grill until juices run clear and the chicken is cooked through, approximately 10 to 15 minutes. Set chicken aside.
- Prepare the dressing by mixing the lemon juice, vinegar, hot sauce, salt and pepper in a small bowl; set aside.
- For the salad, combine the lettuce, tomatoes, onion, radishes, carrots, and pepper in a large bowl. Slice the cooked chicken and add to the salad. Toss gently with the dressing.

Nutrition Facts



PROTEIN 28.5% FAT 49.94% CARBS 21.56%

Properties

Glycemic Index:95.96, Glycemic Load:5.38, Inflammation Score:-10, Nutrition Score:29.327825960906%

Flavonoids

Pelargonidin: 13.73mg, Pelargonidin: 13.73mg, Pelargonidin: 13.73mg, Pelargonidin: 13.73mg Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg Hesperetin: 4.59mg, Hesperetin: 4.59mg, Hesperetin: 4.59mg, Hesperetin: 4.59mg Naringenin: 0.86mg, Naringenin: 0.86mg, Naringenin: 0.86mg, Naringenin: 0.86mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 7.56mg, Quercetin: 7.56mg, Quercetin: 7.56mg, Quercetin: 7.56mg

Nutrients (% of daily need)

Calories: 393.86kcal (19.69%), Fat: 22.43g (34.51%), Saturated Fat: 3.4g (21.27%), Carbohydrates: 21.8g (7.27%), Net Carbohydrates: 15.53g (5.65%), Sugar: 9.85g (10.95%), Cholesterol: 72.32mg (24.11%), Sodium: 1431.06mg (62.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.8g (57.59%), Vitamin A: 7535.61IU (150.71%), Vitamin B3: 13.39mg (66.93%), Vitamin B6: 1.2mg (59.77%), Vitamin C: 47.78mg (57.92%), Selenium: 38.52µg (55.03%), Vitamin K: 49.97µg (47.59%), Vitamin E: 5.11mg (34.07%), Phosphorus: 335.87mg (33.59%), Potassium: 1058.51mg (30.24%), Manganese: 0.59mg (29.49%), Fiber: 6.26g (25.06%), Vitamin B5: 2.04mg (20.45%), Magnesium: 70.28mg (17.57%), Folate: 64.32µg (16.08%), Vitamin B2: 0.26mg (15.53%), Iron: 2.61mg (14.51%), Vitamin B1: 0.21mg (13.74%), Copper: 0.25mg (12.72%), Zinc: 1.68mg (11.2%), Calcium: 83.43mg (8.34%), Vitamin B12: 0.24µg (3.96%)