



Lemon-Parsley Chicken with Corn and Tomato Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 cups torn boston lettuce
- ☐ 1 cup heirloom cherry tomatoes quartered
- ☐ 1 teaspoon dijon mustard
- ☐ 0.3 cup flat-leaf parsley leaves fresh
- ☐ 1 cup corn kernels fresh
- ☐ 0.3 cup flat-leaf parsley fresh minced
- ☐ 2 teaspoons garlic fresh minced

- ☐ 0.8 teaspoon ground pepper black divided
- ☐ 0.8 teaspoon kosher salt divided
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 teaspoons lemon rind grated
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 24 ounce chicken breast halves boneless skinless halved lengthwise

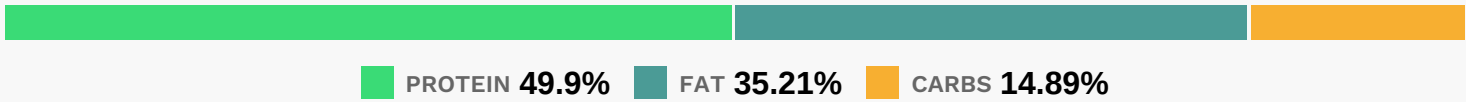
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Preheat grill to high heat.
- ☐ Combine minced parsley, lemon rind, garlic, 1/2 teaspoon salt, and 1/2 teaspoon pepper in a small bowl.
- ☐ Sprinkle chicken with parsley mixture; let stand 10 minutes.
- ☐ Place chicken on grill rack coated with cooking spray; grill 3 minutes on each side or until chicken is done.
- ☐ Combine juice, oil, mustard, remaining 1/4 teaspoon salt, and 1/4 teaspoon pepper in a large bowl; stir with a whisk.
- ☐ Add lettuce and remaining ingredients; toss to coat.

Nutrition Facts



Properties

Glycemic Index:39.5, Glycemic Load:0.26, Inflammation Score:-9, Nutrition Score:30.081304192543%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 310.55kcal (15.53%), Fat: 12.22g (18.79%), Saturated Fat: 2.1g (13.09%), Carbohydrates: 11.62g (3.87%), Net Carbohydrates: 9.39g (3.42%), Sugar: 4.11g (4.57%), Cholesterol: 108.86mg (36.29%), Sodium: 664.56mg (28.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.95g (77.89%), Vitamin K: 193.3µg (184.1%), Vitamin B3: 18.93mg (94.67%), Selenium: 55.89µg (79.84%), Vitamin B6: 1.42mg (71.04%), Vitamin A: 3006.79IU (60.14%), Phosphorus: 429.83mg (42.98%), Vitamin C: 29.95mg (36.31%), Potassium: 1021.1mg (29.17%), Vitamin B5: 2.89mg (28.87%), Folate: 85.72µg (21.43%), Magnesium: 75.09mg (18.77%), Manganese: 0.33mg (16.39%), Vitamin B1: 0.23mg (15.25%), Vitamin B2: 0.25mg (14.67%), Iron: 2.45mg (13.61%), Vitamin E: 1.76mg (11.71%), Zinc: 1.45mg (9.65%), Fiber: 2.23g (8.92%), Copper: 0.13mg (6.37%), Vitamin B12: 0.34µg (5.67%), Calcium: 52.85mg (5.28%), Vitamin D: 0.17µg (1.13%)