



Lemon-Thyme Grilled Chicken Salad

 Gluten Free

READY IN



21 min.

SERVINGS



4

CALORIES



428 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 4 servings feta cheese
- 4 servings feta cheese crumbled toasted
- 2 teaspoons thyme sprigs fresh minced
- 2 garlic clove minced
- 1 teaspoon lemon zest
- 6 cups the salad mixed
- 2 tablespoons olive oil

- 0.3 teaspoon salt
- 24 ounce chicken breast boneless skinless

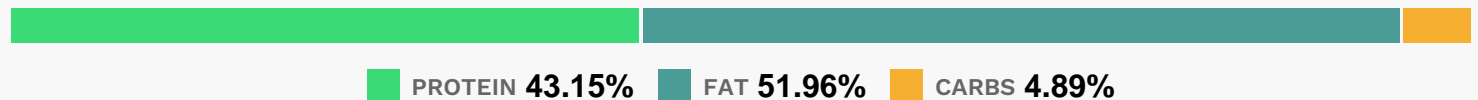
Equipment

- grill
- ziploc bags

Directions

- Combine first 6 ingredients in a large, heavy-duty zip-top plastic bag.
- Add chicken and seal bag, turning to coat. Refrigerate at least 4 hours.
- Preheat grill to medium-high (350 to 400).
- Remove chicken from marinade, discarding marinade. Grill, on greased grill rack, 6 minutes on each side or until cooked through.
- Let chicken cool slightly before cutting into thin slices.
- Toss salad greens with 1/4 cup Feta Dressing, and divide among 4 salad plates.
- Place chicken slices on greens, and top with feta cheese and toasted pine nuts.
- Serve with flatbread crackers and remaining dressing.

Nutrition Facts



Properties

Glycemic Index:40.25, Glycemic Load:0.83, Inflammation Score:-9, Nutrition Score:27.043478012085%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 428.18kcal (21.41%), Fat: 24.38g (37.5%), Saturated Fat: 9.92g (62.03%), Carbohydrates: 5.16g (1.72%), Net Carbohydrates: 4.9g (1.78%), Sugar: 0.04g (0.04%), Cholesterol: 162.26mg (54.09%), Sodium: 1042.8mg (45.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.55g (91.11%), Vitamin B3: 18.7mg (93.49%), Selenium: 63.89µg

(91.28%), Vitamin B6: 1.6mg (79.99%), Phosphorus: 586.42mg (58.64%), Vitamin B2: 0.71mg (41.97%), Calcium: 320.25mg (32.03%), Vitamin B5: 3.09mg (30.92%), Vitamin C: 18.68mg (22.64%), Vitamin B12: 1.35µg (22.57%), Potassium: 784.43mg (22.41%), Vitamin A: 1034.41IU (20.69%), Zinc: 2.88mg (19.19%), Magnesium: 64.49mg (16.12%), Vitamin B1: 0.22mg (14.88%), Folate: 48.79µg (12.2%), Vitamin E: 1.44mg (9.62%), Manganese: 0.19mg (9.46%), Iron: 1.65mg (9.19%), Vitamin K: 5.86µg (5.59%), Copper: 0.11mg (5.37%), Vitamin D: 0.41µg (2.73%), Fiber: 0.26g (1.02%)