



Lime Chicken on Fruited Spring Greens

 Gluten Free

READY IN



30 min.

SERVINGS



2

CALORIES



364 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup blackberries fresh
- 3 teaspoons thyme sprigs fresh divided minced
- 1 small garlic clove minced
- 0.3 cup goat cheese
- 7 teaspoons juice of lime divided
- 0.5 teaspoon olive oil divided
- 0.3 teaspoon pepper divided
- 2 tablespoons pinenuts toasted

- 0.5 cup raspberries fresh
- 3 cups the salad
- 0.3 teaspoon salt divided
- 10 ounces chicken breast halves boneless skinless

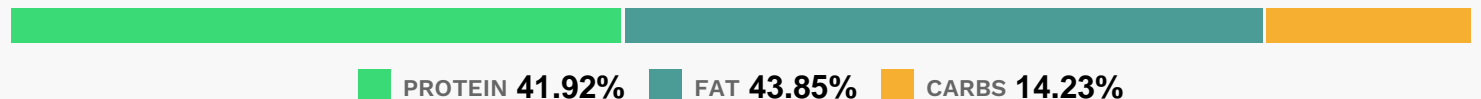
Equipment

- bowl
- whisk
- grill
- ziploc bags
- panini press

Directions

- In a large resealable plastic bag, combine 1-1/2 teaspoons lime juice, 1-1/2 teaspoons thyme and 1/2 teaspoon oil; add the chicken. Seal bag and turn to coat; refrigerate for 30 minutes.
- Sprinkle chicken with 1/8 teaspoon each salt and pepper. Cook on an indoor grill or panini maker for 4-6 minutes or until juices run clear.
- Remove and keep warm.
- In a small bowl, whisk the garlic and remaining lime juice, thyme, oil, salt and pepper. In another bowl, toss salad greens and nectarine.
- Drizzle with dressing; toss to coat.
- Divide salad mixture between two serving plates. Slice chicken; arrange over salad.
- Sprinkle with raspberries, blackberries, pine nuts and cheese if desired.

Nutrition Facts



Properties

Glycemic Index:79, Glycemic Load:1.12, Inflammation Score:-10, Nutrition Score:28.501304180726%

Flavonoids

Cyanidin: 49.71mg, Cyanidin: 49.71mg, Cyanidin: 49.71mg, Cyanidin: 49.71mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.46mg, Pelargonidin: 0.46mg, Pelargonidin: 0.46mg Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg Catechin: 13.73mg, Catechin: 13.73mg, Catechin: 13.73mg, Catechin: 13.73mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 2.73mg, Epicatechin: 2.73mg, Epicatechin: 2.73mg, Epicatechin: 2.73mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 1.57mg, Hesperetin: 1.57mg, Hesperetin: 1.57mg, Hesperetin: 1.57mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Nutrients (% of daily need)

Calories: 363.59kcal (18.18%), Fat: 17.98g (27.67%), Saturated Fat: 5.6g (35.03%), Carbohydrates: 13.14g (4.38%), Net Carbohydrates: 8.32g (3.03%), Sugar: 4.01g (4.45%), Cholesterol: 103.77mg (34.59%), Sodium: 576.94mg (25.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.69g (77.38%), Vitamin B3: 16.18mg (80.9%), Manganese: 1.56mg (78.2%), Selenium: 46.91µg (67.02%), Vitamin B6: 1.25mg (62.69%), Vitamin C: 41.64mg (50.48%), Phosphorus: 476.15mg (47.61%), Copper: 0.52mg (26.19%), Vitamin B5: 2.56mg (25.6%), Vitamin A: 1259.86IU (25.2%), Potassium: 846.52mg (24.19%), Magnesium: 93.9mg (23.48%), Vitamin B2: 0.34mg (20.11%), Fiber: 4.81g (19.25%), Iron: 3.02mg (16.79%), Vitamin K: 16.79µg (15.99%), Zinc: 2.26mg (15.07%), Vitamin E: 2.12mg (14.15%), Folate: 53.16µg (13.29%), Vitamin B1: 0.19mg (12.72%), Calcium: 92.76mg (9.28%), Vitamin B12: 0.34µg (5.62%), Vitamin D: 0.26µg (1.7%)