



Lime Chicken Tenders and Orzo Salad

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



365 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.3 pounds chicken breast tenders
- ☐ 0.8 cup cucumber diced peeled
- ☐ 2 teaspoons dijon mustard country-style
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 2 garlic cloves pressed
- ☐ 2 teaspoons kosher salt
- ☐ 1 lime
- ☐ 5 tablespoons olive oil divided

- ☐ 1.5 cups orzo pasta uncooked
- ☐ 0.5 teaspoon pepper
- ☐ 1 medium size bell pepper red chopped
- ☐ 3 tablespoons red wine vinegar

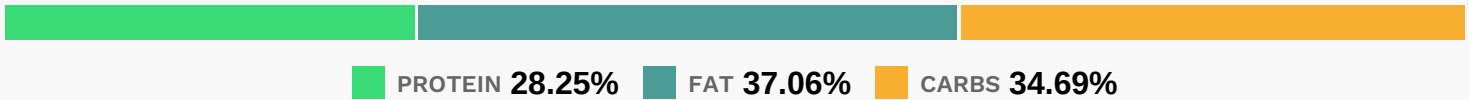
Equipment

- ☐ grill

Directions

- ☐ Preheat grill to 300 to 350 (medium) heat. Grate zest from lime to equal 1 tsp.
- ☐ Cut lime in half; squeeze juice from lime to equal 3 Tbsp.
- ☐ Combine chicken, lime zest, lime juice, 1/4 cup olive oil, and next 3 ingredients.
- ☐ Let stand 10 minutes.
- ☐ Remove chicken from marinade, discarding marinade.
- ☐ Grill chicken, covered with grill lid, 5 to 7 minutes on each side or until done.
- ☐ Prepare pasta according to package directions.
- ☐ Combine vinegar, mustard, and remaining 1 Tbsp. olive oil. Toss orzo, bell pepper, cucumber, and dill with vinegar mixture. Season with salt and pepper to taste.
- ☐ Serve with grilled chicken.

Nutrition Facts



Properties

Glycemic Index:38.33, Glycemic Load:11.94, Inflammation Score:-7, Nutrition Score:17.580869451813%

Flavonoids

Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg

0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg
Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 364.9kcal (18.24%), Fat: 14.86g (22.86%), Saturated Fat: 2.27g (14.21%), Carbohydrates: 31.28g (10.43%),
Net Carbohydrates: 29.1g (10.58%), Sugar: 2.29g (2.54%), Cholesterol: 60.48mg (20.16%), Sodium: 907.83mg
(39.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.48g (50.97%), Selenium: 54.74µg (78.2%), Vitamin
B3: 10.74mg (53.68%), Vitamin B6: 0.85mg (42.32%), Vitamin C: 30.77mg (37.3%), Phosphorus: 284.26mg
(28.43%), Manganese: 0.45mg (22.27%), Vitamin B5: 1.65mg (16.49%), Vitamin E: 2.25mg (15.01%), Potassium:
522.03mg (14.92%), Vitamin A: 679.36IU (13.59%), Magnesium: 51.22mg (12.8%), Vitamin K: 9.8µg (9.33%), Fiber:
2.18g (8.73%), Vitamin B2: 0.14mg (8.42%), Copper: 0.16mg (8.22%), Zinc: 1.2mg (7.98%), Vitamin B1: 0.12mg (7.92%),
Iron: 1.2mg (6.67%), Folate: 23.25µg (5.81%), Vitamin B12: 0.19µg (3.15%), Calcium: 24.92mg (2.49%)