



Marinated Chicken Salad



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



509 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 6 large olives black
- ☐ 3 slices bacon crumbled crisp cooked
- ☐ 6 small olives green
- ☐ 1 hard-cooked egg
- ☐ 1.5 cups salad greens mixed
- ☐ 1 teaspoon olive oil
- ☐ 2 radishes

- ☐ 1 chicken breast halves boneless skinless cut into bite size pieces
- ☐ 1 tablespoon water
- ☐ 1 tablespoon sugar white

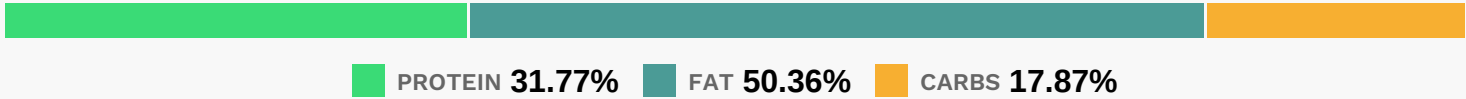
Equipment

- ☐ frying pan
- ☐ ziploc bags

Directions

- ☐ Mix together balsamic vinegar, olive oil, white sugar, and water.
- ☐ Combine marinade with chicken pieces in a plastic bag. Leave in bag for 1 hour.
- ☐ Cook drained chicken in a skillet until done, about 10 minutes.
- ☐ Assemble greens, egg, olives, radishes, and crumbled bacon on a dinner plate. Top with chicken.

Nutrition Facts



Properties

Glycemic Index:152.09, Glycemic Load:11.15, Inflammation Score:-7, Nutrition Score:23.480434656143%

Flavonoids

Pelargonidin: 5.05mg, Pelargonidin: 5.05mg, Pelargonidin: 5.05mg, Pelargonidin: 5.05mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg

Nutrients (% of daily need)

Calories: 508.84kcal (25.44%), Fat: 28.09g (43.21%), Saturated Fat: 6.69g (41.81%), Carbohydrates: 22.42g (7.47%), Net Carbohydrates: 20.7g (7.53%), Sugar: 17.73g (19.7%), Cholesterol: 282.58mg (94.19%), Sodium: 1372.11mg (59.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.87g (79.74%), Selenium: 64.52µg (92.17%), Vitamin B3: 14.8mg (74.01%), Vitamin B6: 1.1mg (55.19%), Phosphorus: 449.42mg (44.94%), Vitamin B2: 0.46mg (27.29%), Vitamin B5: 2.67mg (26.74%), Vitamin A: 1173.58IU (23.47%), Potassium: 778.98mg (22.26%), Vitamin E: 3.24mg (21.57%), Vitamin C: 16.46mg (19.95%), Vitamin B1: 0.27mg (17.92%), Vitamin B12: 1.04µg (17.38%), Magnesium: 58.49mg (14.62%), Zinc: 2.11mg (14.07%), Folate: 52.16µg (13.04%), Iron: 2.14mg (11.89%), Vitamin D: 1.31µg (8.73%),

Manganese: 0.17mg (8.57%), Copper: 0.17mg (8.27%), Calcium: 77.3mg (7.73%), Fiber: 1.71g (6.85%), Vitamin K: 3.56µg (3.39%)