



WHATSheATE



HEALTH SCORE

55%

Mediterranean Chicken Salad



Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



330 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 cup olives black drained



4 ounces feta cheese crumbled



2 bell peppers red halved seeded



1 head romaine lettuce – dried rinsed



4 chicken breast halves boneless skinless



0.5 cup sun-dried tomato and oregano salad dressing

Equipment



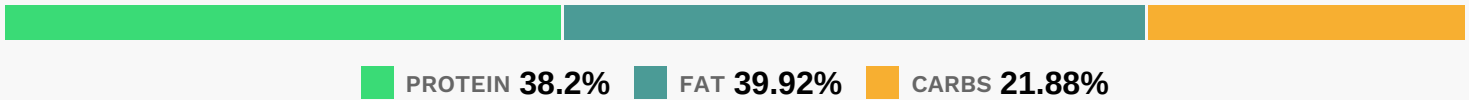
bowl

☐ grill

Directions

- ☐ In a shallow dish, arrange chicken breasts and evenly cover with 1 cup of the salad dressing. Cover tightly and marinate in the refrigerator for 20 minutes to an hour.
- ☐ Preheat your grill to high heat. While grill is preheating, arrange lettuce, olives and feta cheese in a salad bowl.
- ☐ Remove chicken from marinade and place on grill. Cook chicken breasts for 6 to 8 minutes per side. Arrange peppers on grill, and baste with the reserved 1/2 cup dressing. (Don't use the leftover chicken marinade!) The peppers will need only a few minutes – be careful not to burn them!
- ☐ Remove chicken and peppers from the grill and, when cool enough to handle, slice into strips. Arrange peppers and chicken on top of the salad and serve with the last 1/2 cup of dressing.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:2.84, Inflammation Score:-10, Nutrition Score:40.147826101469%

Flavonoids

Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg

Nutrients (% of daily need)

Calories: 330.43kcal (16.52%), Fat: 15.24g (23.45%), Saturated Fat: 5.25g (32.82%), Carbohydrates: 18.81g (6.27%), Net Carbohydrates: 11.46g (4.17%), Sugar: 9.71g (10.79%), Cholesterol: 97.55mg (32.52%), Sodium: 1010.38mg (43.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.82g (65.63%), Vitamin A: 15900.44IU (318.01%), Vitamin K: 170.45µg (162.33%), Vitamin C: 89.17mg (108.08%), Vitamin B3: 14.46mg (72.32%), Folate: 264.16µg (66.04%), Vitamin B6: 1.31mg (65.58%), Selenium: 42.16µg (60.23%), Phosphorus: 445.56mg (44.56%), Potassium: 1433.58mg (40.96%), Vitamin B2: 0.58mg (33.96%), Manganese: 0.59mg (29.4%), Fiber: 7.34g (29.36%), Vitamin B5: 2.59mg (25.9%), Magnesium: 94.2mg (23.55%), Calcium: 233.9mg (23.39%), Vitamin B1: 0.34mg (22.7%), Iron: 3.79mg (21.06%), Copper: 0.36mg (18.03%), Vitamin E: 2.7mg (17.98%), Zinc: 2.27mg (15.12%), Vitamin B12: 0.71µg (11.75%), Vitamin D: 0.23µg (1.51%)