




 **52%**
HEALTH SCORE

Mediterranean Salad with Grilled Chicken


 **Gluten Free**

READY IN




25 min.

SERVINGS



4

CALORIES



555 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.5 pounds chicken breast split bone-in
- 0.5 cup feta cheese crumbled
- 8 ounces green beans frozen thawed
- 1 teaspoon penzey's southwest seasoning italian
- 1 juice of lemon
- 0.3 cup kalamata olives pitted roughly chopped
- 4 servings oil for the grill grates
- 0.3 cup olive oil

- 0.5 medium onion red sliced
- 1 large head romaine lettuce cleaned
- 4 servings salt and pepper freshly ground
- 1 teaspoon sugar

Equipment

- bowl
- whisk
- grill

Directions

- Watch how to make this recipe.
- Preheat the grill over medium-high heat.
- Remove the skin from the chicken breast. Slice the chicken breasts off the bone and slice each piece across horizontally to get 4 large, thin pieces.
- When the grill is hot, brush the grill grates with cooking oil to prevent the chicken from sticking.
- Sprinkle the chicken pieces with salt and pepper and grill for 4 minutes per side.
- Let rest for a few minutes, and then slices into strips, if desired.
- In a large bowl, whisk together the olive oil, Italian seasoning, sugar, lemon juice, half the zest and season with a pinch of salt and pepper. (Reserve the remaining half of the lemon zest for another recipe.) Reserve 2 tablespoons of the dressing to drizzle over the top of the salad.
- Add the green beans, olives, cheese, onions and lettuce to the remaining dressing, and toss to coat evenly. Divide the salad evenly among 4 plates or 1 large platter and top with the sliced chicken.
- Drizzle with the reserved dressing.

Nutrition Facts

 **PROTEIN 29.91%**  **FAT 60.63%**  **CARBS 9.46%**

Properties

Glycemic Index:43.77, Glycemic Load:2.3, Inflammation Score:-10, Nutrition Score:38.333043051803%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 7.81mg, Quercetin: 7.81mg, Quercetin: 7.81mg, Quercetin: 7.81mg

Nutrients (% of daily need)

Calories: 555.44kcal (27.77%), Fat: 37.88g (58.27%), Saturated Fat: 6.63g (41.43%), Carbohydrates: 13.29g (4.43%), Net Carbohydrates: 7.73g (2.81%), Sugar: 5.55g (6.16%), Cholesterol: 125.55mg (41.85%), Sodium: 753.43mg (32.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.05g (84.09%), Vitamin A: 14194.92IU (283.9%), Vitamin K: 206.86µg (197.01%), Vitamin B3: 18.9mg (94.49%), Selenium: 58.39µg (83.42%), Vitamin B6: 1.58mg (78.85%), Folate: 249.91µg (62.48%), Phosphorus: 494.55mg (49.46%), Vitamin E: 5.61mg (37.42%), Potassium: 1185.01mg (33.86%), Vitamin B5: 2.99mg (29.88%), Vitamin B2: 0.5mg (29.44%), Vitamin C: 19.15mg (23.21%), Fiber: 5.56g (22.26%), Magnesium: 87.98mg (22%), Manganese: 0.44mg (22%), Vitamin B1: 0.31mg (20.51%), Calcium: 189.82mg (18.98%), Iron: 3.19mg (17.73%), Zinc: 2.07mg (13.78%), Vitamin B12: 0.66µg (10.95%), Copper: 0.19mg (9.31%), Vitamin D: 0.25µg (1.63%)