



Quick Romaine Salad with Pan-Grilled Chicken

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



204 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 teaspoon anchovy paste
- 0.3 teaspoon pepper black divided
- 1 teaspoon bottled garlic minced
- 1 teaspoon capers
- 1 pound chicken breast tenders
- 1 teaspoon dijon mustard
- 2 teaspoons olive oil extravirgin
- 0.5 teaspoon kosher salt

- 2 tablespoons juice of lemon fresh
- 3 tablespoons mayonnaise reduced-fat
- 20 ounce romaine lettuce chopped
- 1 tablespoon water

Equipment

- bowl
- frying pan
- blender
- grill pan

Directions

- Heat a grill pan over medium-high heat.
- Sprinkle chicken with salt and 1/8 teaspoon pepper. Coat pan with cooking spray.
- Add chicken to pan; cook 3 minutes on each side or until done.
- Remove chicken from pan.
- While the chicken cooks, combine remaining 1/8 teaspoon black pepper, mayonnaise, and next 7 ingredients (through Dijon mustard) in a blender; process until smooth.
- Cut chicken into 1/2-inch pieces.
- Combine chicken and lettuce in a large bowl; drizzle with mayonnaise mixture. Toss to coat.
- Serve immediately.

Nutrition Facts

 **PROTEIN 51.89%**  **FAT 34.9%**  **CARBS 13.21%**

Properties

Glycemic Index:23.5, Glycemic Load:0.14, Inflammation Score:-10, Nutrition Score:26.362608730793%

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 Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.03mg, Quercetin: 4.03mg, Quercetin: 4.03mg, Quercetin: 4.03mg

Nutrients (% of daily need)

Calories: 203.89kcal (10.19%), Fat: 7.91g (12.18%), Saturated Fat: 1.38g (8.62%), Carbohydrates: 6.73g (2.24%), Net Carbohydrates: 3.61g (1.31%), Sugar: 2.28g (2.54%), Cholesterol: 75.53mg (25.18%), Sodium: 603.59mg (26.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.47g (52.95%), Vitamin A: 12391.01IU (247.82%), Vitamin K: 152.91µg (145.63%), Vitamin B3: 12.6mg (62.99%), Selenium: 38.77µg (55.39%), Folate: 199.69µg (49.92%), Vitamin B6: 0.98mg (48.89%), Phosphorus: 290.13mg (29.01%), Potassium: 797.66mg (22.79%), Vitamin B5: 1.86mg (18.6%), Manganese: 0.28mg (14.15%), Magnesium: 52.36mg (13.09%), Vitamin B2: 0.22mg (12.83%), Vitamin C: 10.35mg (12.55%), Fiber: 3.13g (12.51%), Vitamin B1: 0.18mg (12.24%), Iron: 1.96mg (10.89%), Zinc: 1.06mg (7.05%), Vitamin E: 0.99mg (6.6%), Calcium: 61.12mg (6.11%), Copper: 0.12mg (5.8%), Vitamin B12: 0.24µg (4%)