



Stone Fruit Chicken-Rice Salad



Gluten Free



Dairy Free

READY IN



48 min.

SERVINGS



4

CALORIES



370 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black divided
- ☐ 1 cup cherries pitted coarsely chopped
- ☐ 1 cup brown rice cooled cooked
- ☐ 2 teaspoons dijon mustard
- ☐ 0.3 cup dry-roasted almonds chopped
- ☐ 0.5 cup green onions sliced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated

- ☐ 3 tablespoons torn mint
- ☐ 1.5 cups nectarines pitted coarsely chopped
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon salt divided
- ☐ 18 ounce chicken breast halves boneless skinless trimmed

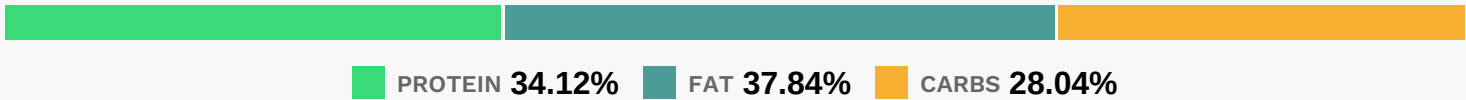
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Preheat grill to medium-high heat.
- ☐ Sprinkle both sides of chicken evenly with 1/2 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Place chicken on a grill rack coated with cooking spray; grill 5 minutes on each side or until done.
- ☐ Let stand 5 minutes. Chop chicken.
- ☐ Combine oil, rind, juice, and mustard in a large bowl, stirring well with a whisk.
- ☐ Add chopped, cooked chicken, nectarines, and remaining ingredients; toss well.

Nutrition Facts



Properties

Glycemic Index:53.3, Glycemic Load:8.58, Inflammation Score:-7, Nutrition Score:22.109130512113%

Flavonoids

Cyanidin: 11.56mg, Cyanidin: 11.56mg, Cyanidin: 11.56mg, Cyanidin: 11.56mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg Catechin: 3.1mg, Catechin: 3.1mg, Catechin: 3.1mg, Catechin: 3.1mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.09mg, Epicatechin:

3.09mg, Epicatechin: 3.09mg, Epicatechin: 3.09mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Eriodictyol: 1.53mg, Eriodictyol: 1.53mg, Eriodictyol: 1.53mg, Eriodictyol: 1.53mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg

Nutrients (% of daily need)

Calories: 370.26kcal (18.51%), Fat: 15.76g (24.24%), Saturated Fat: 2.53g (15.83%), Carbohydrates: 26.27g (8.76%), Net Carbohydrates: 22.2g (8.07%), Sugar: 9.64g (10.72%), Cholesterol: 81.65mg (27.22%), Sodium: 806.21mg (35.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.97g (63.94%), Vitamin B3: 16.11mg (80.57%), Selenium: 42.64µg (60.92%), Vitamin B6: 1.12mg (56.07%), Manganese: 0.91mg (45.56%), Phosphorus: 371.78mg (37.18%), Vitamin K: 32.59µg (31.04%), Vitamin B5: 2.35mg (23.52%), Potassium: 788.43mg (22.53%), Magnesium: 87.6mg (21.9%), Fiber: 4.07g (16.26%), Vitamin C: 12.6mg (15.27%), Vitamin E: 2.16mg (14.38%), Vitamin B1: 0.19mg (12.68%), Vitamin B2: 0.2mg (11.84%), Vitamin A: 526.15IU (10.52%), Copper: 0.21mg (10.44%), Zinc: 1.55mg (10.36%), Iron: 1.66mg (9.21%), Folate: 34.8µg (8.7%), Calcium: 44.59mg (4.46%), Vitamin B12: 0.26µg (4.25%)