



Strawberry and Balsamic Grilled Chicken Salad



Gluten Free



Popular

READY IN



20 min.

SERVINGS



4

CALORIES



323 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups arugula
- ☐ 2 cups baby spinach
- ☐ 0.3 balsamic vinaigrette
- ☐ 0.3 cup candied pecans
- ☐ 1 pound chicken breasts
- ☐ 4 strips bacon cooked
- ☐ 4 ounces goat cheese crumbled

☐ 1 pint strawberries sliced

Equipment

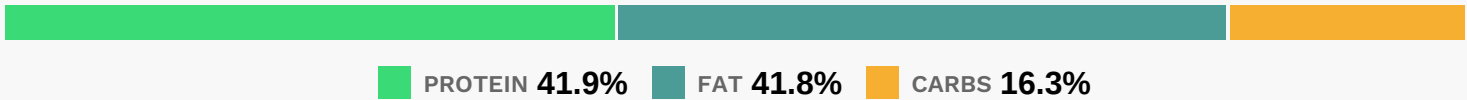
☐ grill

☐ grill pan

Directions

- ☐ Place the chicken and balsamic vinaigrette in a large ziplock bag and marinate in the fridge for 30 minutes to over night.
- ☐ Heat the grill or a grill pan over medium heat and brush it with oil.
- ☐ Place the chicken on the grill until cooked, about 2-4 minutes per side and set aside.Slice the chicken assemble the salad and enjoy!

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:2.82, Inflammation Score:-9, Nutrition Score:28.275217180667%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 5.04mg, Kaempferol: 5.04mg, Kaempferol: 5.04mg, Kaempferol: 5.04mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 323.11kcal (16.16%), Fat: 14.97g (23.04%), Saturated Fat: 6.02g (37.64%), Carbohydrates: 13.13g (4.38%), Net Carbohydrates: 10.03g (3.65%), Sugar: 8.81g (9.79%), Cholesterol: 93.54mg (31.18%), Sodium: 414.07mg (18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.77g (67.53%), Vitamin C: 76.63mg (92.89%), Vitamin K: 86.69µg (82.56%), Vitamin B3: 13.39mg (66.93%), Selenium: 41.79µg (59.7%), Vitamin B6: 1.06mg (52.76%), Vitamin A: 1987.88IU (39.76%), Phosphorus: 382.69mg (38.27%), Manganese: 0.67mg (33.52%), Potassium: 768.45mg (21.96%), Vitamin B5: 2.1mg (20.99%), Folate: 75.13µg (18.78%), Vitamin B2: 0.3mg (17.8%), Magnesium: 68.43mg (17.11%), Copper: 0.33mg (16.52%), Fiber: 3.11g (12.42%), Vitamin B1: 0.18mg (12.11%), Iron: 2.16mg (12%), Calcium: 100.92mg (10.09%), Zinc: 1.46mg (9.7%), Vitamin E: 0.99mg (6.6%), Vitamin B12: 0.37µg (6.13%), Vitamin D: 0.26µg (1.73%)