



HEALTH SCORE

54%

Strawberry-Chicken Salad



Gluten Free



Dairy Free

READY IN



38 min.

SERVINGS



4

CALORIES



529 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 avocado peeled sliced
- ☐ 4 chicken breast halves
- ☐ 8 cups the salad mixed
- ☐ 2 pears sliced
- ☐ 0.5 cup pecans toasted
- ☐ 4 servings raspberry vinaigrette divided
- ☐ 1 quart strawberries sliced
- ☐ 0.5 small onion diced sweet

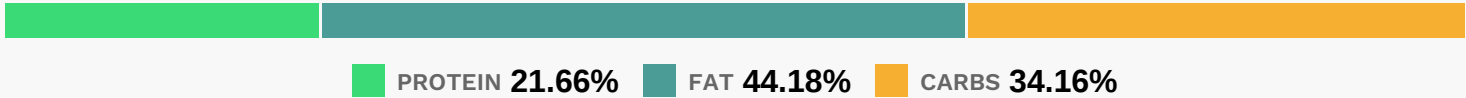
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Combine chicken and 1/2 cup Raspberry Vinaigrette in a large zip-top freezer bag. Seal and chill 1 hour.
- ☐ Remove chicken from marinade, discarding marinade.
- ☐ Grill, covered with grill lid, over medium-high heat (350 to 400 degrees F) for 4 to 6 minutes on each side or until done.
- ☐ Let chicken stand 10 minutes; slice.
- ☐ Place salad greens and next 5 ingredients in a large bowl, and gently toss. Divide mixture evenly between 4 serving plates; top with grilled chicken slices.
- ☐ Serve with remaining Raspberry Vinaigrette.

Nutrition Facts



Properties

Glycemic Index:31.69, Glycemic Load:10.12, Inflammation Score:-9, Nutrition Score:37.186521675276%

Flavonoids

Cyanidin: 7.47mg, Cyanidin: 7.47mg, Cyanidin: 7.47mg, Cyanidin: 7.47mg Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg Delphinidin: 1.63mg, Delphinidin: 1.63mg, Delphinidin: 1.63mg, Delphinidin: 1.63mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 58.79mg, Pelargonidin: 58.79mg, Pelargonidin: 58.79mg, Pelargonidin: 58.79mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 8.49mg, Catechin: 8.49mg, Catechin: 8.49mg, Catechin: 8.49mg Epigallocatechin: 3.07mg, Epigallocatechin: 3.07mg, Epigallocatechin: 3.07mg, Epigallocatechin: 3.07mg Epicatechin: 4.81mg, Epicatechin: 4.81mg, Epicatechin: 4.81mg, Epicatechin: 4.81mg Epicatechin 3-gallate: 0.37mg, Epicatechin 3-gallate: 0.37mg, Epicatechin 3-gallate: 0.37mg, Epicatechin 3-gallate: 0.37mg Epigallocatechin 3-gallate: 0.88mg, Epigallocatechin 3-gallate: 0.88mg, Epigallocatechin 3-gallate: 0.88mg, Epigallocatechin 3-gallate: 0.88mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Isorhamnetin:

0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 1.65mg, Kaempferol: 1.65mg, Kaempferol: 1.65mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 9.38mg, Quercetin: 9.38mg, Quercetin: 9.38mg, Quercetin: 9.38mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 528.52kcal (26.43%), Fat: 27.53g (42.36%), Saturated Fat: 3.61g (22.56%), Carbohydrates: 47.9g (15.97%), Net Carbohydrates: 32.12g (11.68%), Sugar: 23.69g (26.32%), Cholesterol: 72.32mg (24.11%), Sodium: 174.27mg (7.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.37g (60.74%), Vitamin C: 175.03mg (212.16%), Manganese: 1.82mg (91.08%), Vitamin B3: 15.23mg (76.15%), Vitamin B6: 1.39mg (69.27%), Fiber: 15.78g (63.14%), Selenium: 38.59µg (55.13%), Folate: 190.77µg (47.69%), Potassium: 1608.32mg (45.95%), Phosphorus: 433.67mg (43.37%), Vitamin B5: 3.59mg (35.89%), Copper: 0.62mg (30.98%), Magnesium: 123.01mg (30.75%), Vitamin K: 31.01µg (29.53%), Vitamin A: 1147.41IU (22.95%), Vitamin B2: 0.38mg (22.54%), Vitamin B1: 0.33mg (21.98%), Vitamin E: 3.27mg (21.8%), Iron: 3.03mg (16.81%), Zinc: 2.5mg (16.67%), Calcium: 90.91mg (9.09%), Vitamin B12: 0.23µg (3.77%)