



Summer Chicken Salad

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



454 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups blueberries
- 1 head boston lettuce separated
- 3 stalks celery light diced green finely (inner stalks and leaves)
- 4 large ears corn fresh (or use 2 if on the large side)
- 0.8 cup feta crumbled plus more for serving
- 3 tablespoons optional: dill fresh minced plus more for serving
- 0.3 cup half-and-half
- 1 juice of lemon

- 0.3 cup mayonnaise
- 6 servings olive oil for drizzling
- 1 medium onion diced red finely
- 6 servings salt and pepper black freshly ground
- 3 chicken breasts boneless skinless
- 0.3 cup cup heavy whipping cream sour
- 1 teaspoon sugar

Equipment

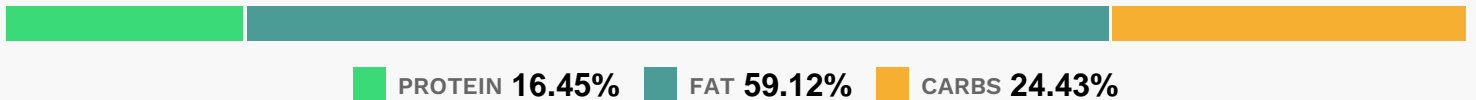
- bowl
- knife
- grill
- rolling pin

Directions

- Watch how to make this recipe.
- Special equipment: grill
- Put the chicken breasts into a large plastic storage bag. Pound with a mallet or rolling pin to flatten to 1/4-inch uniform thickness.
- Sprinkle the chicken with salt and pepper.
- Heat a grill and drizzle with the olive oil. Grill the chicken on both sides until done, about 7 minutes per side. (Rotate halfway during grilling each side to ensure pretty grill marks.) Set aside to cool.
- Grill the corn for a few minutes, until still crunchy but colored. With a very sharp knife, shave the kernels off each corn cob.
- Combine with the dill, celery and onions in a large bowl. Set aside.
- Mix together the feta, half-and-half, mayonnaise and sour cream in a bowl. Stir in the sugar, lemon juice and some salt and pepper. Stir, and then taste.
- Add more salt if necessary; do not undersalt!

- Slice the chicken on the bias to create flat, randomly shaped pieces. Throw into the bowl with the celery, onions and corn. Stir to combine.
- Pour half of the dressing over the ingredients and toss gently.
- Add more as desired, but don't overcoat the salad; it should be light! At the end, toss in the blueberries to lightly coat them in the dressing.
- Spoon the salad into butter lettuce cups and then sprinkle individual helpings with feta and extra dill.

Nutrition Facts



Properties

Glycemic Index:48.85, Glycemic Load:2.96, Inflammation Score:-8, Nutrition Score:20.236521720886%

Flavonoids

Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 7.51mg, Quercetin: 7.51mg, Quercetin: 7.51mg, Quercetin: 7.51mg Galocatechin: 0.04mg, Galocatechin: 0.04mg, Galocatechin: 0.04mg, Galocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 454.25kcal (22.71%), Fat: 31.04g (47.75%), Saturated Fat: 7.86g (49.14%), Carbohydrates: 28.85g (9.62%), Net Carbohydrates: 25.08g (9.12%), Sugar: 12.54g (13.94%), Cholesterol: 65.95mg (21.98%), Sodium: 380.92mg (16.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.43g (38.86%), Vitamin K: 65.68µg (62.55%), Vitamin B3: 8.13mg (40.66%), Vitamin B6: 0.68mg (34.12%), Selenium: 22.74µg (32.49%), Phosphorus: 309.72mg (30.97%), Vitamin A: 1402IU (28.04%), Folate: 83.7µg (20.92%), Vitamin B2: 0.35mg (20.86%), Manganese: 0.4mg (20.2%), Potassium: 685.25mg (19.58%), Vitamin E: 2.92mg (19.45%), Vitamin C: 16.01mg (19.41%), Vitamin B5: 1.91mg (19.14%), Vitamin B1: 0.26mg (17.46%), Magnesium: 65.95mg (16.49%), Fiber: 3.77g (15.08%), Calcium: 143.63mg (14.36%), Zinc: 1.57mg (10.45%), Iron: 1.48mg (8.24%), Vitamin B12: 0.48µg (8.01%), Copper: 0.12mg

(5.96%)