



Tarragon-Dill Grilled Chicken Salad

 Gluten Free

READY IN



77 min.

SERVINGS



6

CALORIES



324 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup celery diced
- ☐ 0.3 cup cider vinegar
- ☐ 2 teaspoons optional: dill fresh finely chopped
- ☐ 0.5 cup tarragon fresh finely chopped
- ☐ 4 cloves garlic minced
- ☐ 1 large apples i use 2 granny smith apples cored chopped
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.5 cup mayonnaise reduced-fat

- ☐ 0.3 cup olive oil
- ☐ 0.5 onion finely chopped
- ☐ 1 cup grapes red seedless halved
- ☐ 1 tablespoon pepper flakes red crushed to taste
- ☐ 6 servings salt and pepper to taste
- ☐ 18 ounce chicken breasts boneless skinless
- ☐ 0.5 cup cup heavy whipping cream sour

Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ To make the marinade, mix 1/2 cup lemon juice, olive oil, garlic, and red pepper flakes together in a bowl.
- ☐ Place the chicken breasts on a flat surface, and cut from one side through the middle of the breasts to within one half inch of the other side. Open the two sides and spread them out flat like an open book.
- ☐ Place in a shallow dish, and pour the olive oil mixture over the chicken, turning once to coat evenly with marinade. Refrigerate for at least 30 minutes.
- ☐ To make the dressing, mix the sour cream, mayonnaise, vinegar, and 1/4 cup lemon juice together in a bowl, and blend thoroughly. Set aside.
- ☐ Preheat an outdoor grill for medium-high heat. Lightly oil grill grate, and place about 4 inches from heat source.
- ☐ Remove chicken from marinade, and discard marinade. Cook chicken on preheated grill, turning once, until meat is firm, and juices run clear, about 4 to 5 minutes per side.
- ☐ Remove chicken from grill, and cool. Finely chop chicken, and place in a large bowl.
- ☐ Add the grapes, apples, celery, tarragon, and dill to the bowl with the chicken. Stir in the mayonnaise dressing, and toss until ingredients are evenly coated. Season to taste with salt and pepper.
- ☐ Serve immediately, or refrigerate overnight to let flavors blend further.

Nutrition Facts

PROTEIN 24.69% FAT 53.88% CARBS 21.43%

Properties

Glycemic Index:48.67, Glycemic Load:5.07, Inflammation Score:-7, Nutrition Score:16.067826211452%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg

Nutrients (% of daily need)

Calories: 324.05kcal (16.2%), Fat: 19.72g (30.35%), Saturated Fat: 4.45g (27.84%), Carbohydrates: 17.66g (5.89%), Net Carbohydrates: 15.4g (5.6%), Sugar: 10g (11.11%), Cholesterol: 68.73mg (22.91%), Sodium: 486.38mg (21.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.34g (40.68%), Vitamin B3: 9.57mg (47.84%), Vitamin B6: 0.86mg (42.96%), Selenium: 29.28µg (41.83%), Manganese: 0.49mg (24.46%), Phosphorus: 231.76mg (23.18%), Vitamin K: 24.34µg (23.18%), Potassium: 648.02mg (18.51%), Vitamin E: 2.6mg (17.36%), Vitamin A: 809.84IU (16.2%), Vitamin B5: 1.39mg (13.92%), Vitamin C: 11.37mg (13.78%), Vitamin B2: 0.23mg (13.24%), Iron: 2.25mg (12.47%), Magnesium: 48.23mg (12.06%), Calcium: 92.97mg (9.3%), Fiber: 2.26g (9.04%), Vitamin B1: 0.11mg (7.33%), Folate: 25.85µg (6.46%), Copper: 0.13mg (6.46%), Zinc: 0.88mg (5.9%), Vitamin B12: 0.21µg (3.51%)