

# Mango-Raspberry Grilled Chicken Salad

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## **Servings: 5**

### **DRESSING**

*2 tablespoons raspberry balsamic  
vinegar*

*1 tablespoon lemon juice*

*1 tablespoon chopped chives*

*1 teaspoon grainy mustard*

*3/4 teaspoon sugar*

*1/2 teaspoon salt*

*1/8 teaspoon black pepper*

*1/3 cup extra-virgin olive oil*

### **SALAD**

*1 pound boneless chicken breasts*

*1 package (5 ounce) baby spinach*

*2 cups sliced mango (or one whole  
mango, pitted, peeled and sliced).*

*1 cup raspberries*

*1/2 small red onion, sliced*

*1/4 cup crumbled goat cheese*

## **Preparation Time: 8 minutes**

### **Grill: 12 minutes**

Heat the grill or grill pan to medium-high.

For the dressing: In a bowl, whisk together the vinegar, lemon juice, chives, mustard, sugar, salt and pepper. While whisking, add the oil in a thin stream.

For the salad: In a glass dish or resealable plastic bag, combine the chicken and 1/4 cup of the dressing.

Remove the chicken from the marinade and grill, turning once, for 12 minutes or until the internal temperature registers 160 degrees on an instant-read thermometer. Cool slightly.

Meanwhile, in a large bowl, combine the spinach, mango, raspberries and onion. Toss with the remaining dressing.

Slice the chicken into bite-size pieces and either toss with the salad or fan over the top of the greens.

Sprinkle the salad with goat cheese and serve.

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Per Serving (excluding unknown items): 175 Calories; 17g Fat (82.8% calories from fat); 2g Protein; 5g Carbohydrate; 2g Dietary Fiber; 6mg Cholesterol; 247mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 3 Fat; 0 Other Carbohydrates.

## Per Serving Nutritional Analysis

Calories (kcal):	175
% Calories from Fat:	82.8%
% Calories from Carbohydrates:	12.1%
% Calories from Protein:	5.0%
Total Fat (g):	17g
Saturated Fat (g):	3g
Monounsaturated Fat (g):	11g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	6mg
Carbohydrate (g):	5g
Dietary Fiber (g):	2g
Protein (g):	2g
Sodium (mg):	247mg
Potassium (mg):	74mg
Calcium (mg):	63mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	9mg
Vitamin A (i.u.):	91IU
Vitamin A (r.e.):	15 1/2RE

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	11mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	3
Other Carbohydrates:	0

## Nutrition Facts

Servings per Recipe: 5

### Amount Per Serving

Calories 175      Calories from Fat: 145

### % Daily Values\*

<b>Total Fat</b>	17g	25%
Saturated Fat	3g	17%
<b>Cholesterol</b>	6mg	2%
<b>Sodium</b>	247mg	10%
<b>Total Carbohydrates</b>	5g	2%
Dietary Fiber	2g	8%
<b>Protein</b>	2g	

<b>Vitamin A</b>	2%
<b>Vitamin C</b>	15%
<b>Calcium</b>	6%
<b>Iron</b>	2%

\* Percent Daily Values are based on a 2000 calorie diet.