



Amy's Barbecue Chicken Salad

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



293 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup barbeque sauce
- 15 ounce black beans drained canned
- 1 bunch cilantro leaves chopped
- 2.8 ounce fried onions french canned
- 1 head lettuce green rinsed
- 1 head lettuce red rinsed
- 0.5 cup ranch dressing
- 2 chicken breast halves boneless skinless

- 1 tomatoes fresh chopped
- 15.3 ounce kernel corn whole drained canned

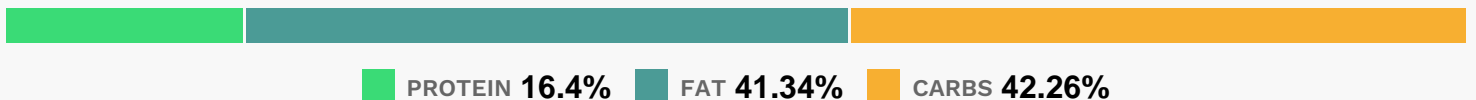
Equipment

- bowl
- grill

Directions

- Preheat the grill for high heat.
- Lightly oil the grill grate.
- Place chicken on the grill, and cook 6 minutes per side, or until juices run clear.
- Remove from heat, cool, and slice.
- In a large bowl, mix the red leaf lettuce, green leaf lettuce, tomato, cilantro, corn, and black beans. Top with the grilled chicken slices and French fried onions.
- In a small bowl, mix the Ranch dressing and barbeque sauce.
- Serve on the side as a dipping sauce, or toss with the salad to coat.

Nutrition Facts



Properties

Glycemic Index:8.75, Glycemic Load:0.16, Inflammation Score:-10, Nutrition Score:19.485217391149%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg

Nutrients (% of daily need)

Calories: 292.6kcal (14.63%), Fat: 13.46g (20.7%), Saturated Fat: 3.46g (21.62%), Carbohydrates: 30.95g (10.32%), Net Carbohydrates: 25.98g (9.45%), Sugar: 7.59g (8.43%), Cholesterol: 21.98mg (7.33%), Sodium: 750.37mg

(32.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.01g (24.02%), Vitamin A: 6477.93IU (129.56%), Vitamin K: 135.57µg (129.11%), Vitamin B3: 4.21mg (21.04%), Folate: 84.12µg (21.03%), Manganese: 0.4mg (19.99%), Fiber: 4.97g (19.89%), Phosphorus: 198.4mg (19.84%), Vitamin B6: 0.35mg (17.58%), Potassium: 583.18mg (16.66%), Selenium: 11.35µg (16.21%), Vitamin C: 10.75mg (13.03%), Iron: 2.3mg (12.79%), Magnesium: 47.4mg (11.85%), Vitamin B2: 0.19mg (11.38%), Vitamin B1: 0.17mg (11.3%), Copper: 0.18mg (8.87%), Vitamin B5: 0.78mg (7.85%), Calcium: 62.35mg (6.24%), Zinc: 0.85mg (5.65%), Vitamin E: 0.79mg (5.3%), Vitamin B12: 0.08µg (1.37%)