



Avocado, Apple and Bacon Salad with Tangy Avocado Dressing

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



398 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 oz chicken breast boneless skinless
- 32 oz chicken broth reduced-sodium (4 cups)
- 1 avocado
- 2 cloves garlic finely chopped
- 6 tablespoons juice of lemon fresh (2 medium)
- 2 tablespoons water
- 1 tablespoon olive oil

- 6 cups the salad
- 2 teaspoons thyme sprigs fresh finely chopped
- 2 apple green cut into julienne pieces (1 1/2x1/4x1/4 inch) (such as Granny Smith)
- 1 avocado pitted peeled sliced
- 0.5 fennel bulb shaved
- 4 slices at least of turkey bacon crumbled cooked

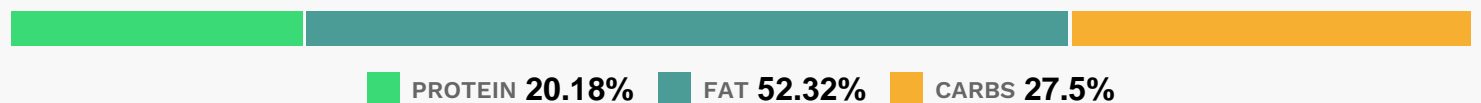
Equipment

- food processor
- bowl
- frying pan
- blender

Directions

- In deep 8-inch skillet, place chicken in single layer.
- Add broth; heat to boiling. Reduce heat to low; simmer 10 minutes.
- Remove from heat; let stand 10 minutes longer.
- Meanwhile, in food processor or blender, process 1 avocado, the garlic and lemon juice until smooth. While processor is running, gradually add water and oil, processing until dressing is smooth and emulsified.
- Remove chicken from liquid to plate; shred chicken with 2 forks.
- In large bowl, toss salad greens, thyme and half of the dressing. Top with shredded chicken, apples, 1 avocado, the fennel and turkey bacon.
- Drizzle with remaining half of dressing. Divide salad evenly among 4 salad plates.

Nutrition Facts



Properties

Glycemic Index:58, Glycemic Load:4.79, Inflammation Score:-9, Nutrition Score:23.9234780125%

Flavonoids

Cyanidin: 1.76mg, Cyanidin: 1.76mg, Cyanidin: 1.76mg, Cyanidin: 1.76mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 7.22mg, Epicatechin: 7.22mg, Epicatechin: 7.22mg, Epicatechin: 7.22mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 1.41mg, Eriodictyol: 1.41mg, Eriodictyol: 1.41mg, Eriodictyol: 1.41mg Hesperetin: 3.26mg, Hesperetin: 3.26mg, Hesperetin: 3.26mg, Hesperetin: 3.26mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

Nutrients (% of daily need)

Calories: 397.65kcal (19.88%), Fat: 24.46g (37.63%), Saturated Fat: 4.21g (26.3%), Carbohydrates: 28.92g (9.64%), Net Carbohydrates: 18.86g (6.86%), Sugar: 12.83g (14.26%), Cholesterol: 54.54mg (18.18%), Sodium: 1266.85mg (55.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.22g (42.44%), Vitamin C: 43.12mg (52.27%), Vitamin B3: 9.3mg (46.51%), Vitamin B6: 0.86mg (42.96%), Vitamin K: 44.72µg (42.59%), Fiber: 10.06g (40.25%), Selenium: 23.75µg (33.92%), Potassium: 1150.31mg (32.87%), Folate: 122.76µg (30.69%), Phosphorus: 297.99mg (29.8%), Vitamin B2: 0.43mg (25.15%), Vitamin B5: 2.46mg (24.62%), Manganese: 0.48mg (23.82%), Vitamin E: 3.3mg (21.97%), Vitamin A: 987.21IU (19.74%), Copper: 0.35mg (17.5%), Magnesium: 69.74mg (17.43%), Vitamin B1: 0.2mg (13.66%), Zinc: 1.82mg (12.16%), Iron: 2.15mg (11.97%), Calcium: 61.19mg (6.12%), Vitamin B12: 0.21µg (3.49%)