



WHATSHEATE



Avocado Chicken Salad



Gluten Free



Dairy Free

READY IN



16 min.

SERVINGS



4

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings garlicky asparagus
- ☐ 1 avocado ripe peeled chopped
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 cups rotisserie chicken breast shredded boneless skinless
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.4 teaspoon kosher salt
- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 tablespoons olive oil

- ☐ 0.8 cup salsa fresh refrigerated
- ☐ 3 ounces tortilla chips

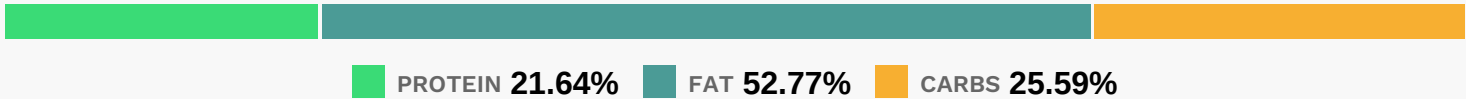
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 4 ingredients in a medium bowl, stirring with a whisk.
- ☐ Add chicken and cilantro; toss to combine. Gently fold in salsa and avocado.
- ☐ Serve with chips.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:0.38, Inflammation Score:-6, Nutrition Score:15.91086951546%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 344.74kcal (17.24%), Fat: 20.84g (32.06%), Saturated Fat: 3.07g (19.2%), Carbohydrates: 22.73g (7.58%), Net Carbohydrates: 17.25g (6.27%), Sugar: 2.51g (2.79%), Cholesterol: 48mg (16%), Sodium: 698.85mg (30.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.22g (38.44%), Vitamin B3: 9.45mg (47.27%), Vitamin B6: 0.82mg (41.01%), Selenium: 25.62µg (36.6%), Phosphorus: 249.22mg (24.92%), Vitamin E: 3.59mg (23.93%), Vitamin K: 25.07µg (23.88%), Fiber: 5.49g (21.95%), Vitamin B5: 2.14mg (21.36%), Potassium: 702.64mg (20.08%),

Magnesium: 60.36mg (15.09%), Folate: 50.1µg (12.53%), Vitamin C: 9.43mg (11.43%), Vitamin B2: 0.18mg (10.3%), Vitamin B1: 0.13mg (8.84%), Copper: 0.18mg (8.76%), Vitamin A: 409.63IU (8.19%), Zinc: 1.17mg (7.77%), Manganese: 0.15mg (7.67%), Iron: 1.17mg (6.53%), Calcium: 48.41mg (4.84%), Vitamin B12: 0.15µg (2.5%)