



 **38%**
HEALTH SCORE

Avocado Chicken Salad

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



2

CALORIES



665 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 avocado
- 10 g cherry tomatoes
- 50 ml olive oil extra virgin
- 2 lime to taste
- 2 servings mayonnaise
- 1 dash pepper black
- 100 g the salad mixed shredded
- 150 g chicken breast boneless skinless

Equipment

bowl

pot

Directions

Season chicken breast with a little salt and pepper then place in a pot of boiling water until cooked. Leave to cool and cut into cubes, set aside.

Cut avocados into cubes.

Place mixed salad in a large bowl and add olive oil and lime juice, toss well and divide mixed salad into two serving bowls.

Place avocados, chicken meat and cherry tomatoes evenly on top of salad.

Drizzle mayonaise and a dash of black pepper over salad and serve.

Nutrition Facts

 PROTEIN 11.97%  FAT 73.27%  CARBS 14.76%

Properties

Glycemic Index:77, Glycemic Load:3.14, Inflammation Score:-8, Nutrition Score:30.666956521739%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Hesperetin: 28.81mg, Hesperetin: 28.81mg, Hesperetin: 28.81mg Naringenin: 2.28mg, Naringenin: 2.28mg, Naringenin: 2.28mg, Naringenin: 2.28mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Taste

Sweetness: 9.21%, Saltiness: 54.35%, Sourness: 8.55%, Bitterness: 9.28%, Savoriness: 38.19%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 665.19kcal (33.26%), Fat: 57.48g (88.43%), Saturated Fat: 8.35g (52.16%), Carbohydrates: 26.05g (8.68%), Net Carbohydrates: 10.65g (3.87%), Sugar: 2.61g (2.9%), Cholesterol: 49.68mg (16.56%), Sodium: 141.83mg (6.17%), Protein: 21.13g (42.26%), Vitamin C: 53.24mg (64.53%), Fiber: 15.39g (61.56%), Vitamin K: 63.24µg (60.23%), Vitamin B3: 11.76mg (58.78%), Vitamin B6: 1.15mg (57.58%), Vitamin E: 7.9mg (52.65%), Folate: 190.53µg (47.63%), Vitamin B5: 4.08mg (40.8%), Potassium: 1419.28mg (40.55%), Selenium: 25.39µg (36.27%), Phosphorus: 295.9mg (29.59%), Copper: 0.48mg (23.79%), Vitamin B2: 0.38mg (22.16%), Magnesium: 87.89mg (21.97%), Manganese: 0.39mg (19.37%), Vitamin A: 944.78IU (18.9%), Vitamin B1: 0.22mg (14.67%), Zinc: 1.91mg (12.76%), Iron: 2.28mg (12.64%), Calcium: 57.8mg (5.78%), Vitamin B12: 0.15µg (2.58%)