



Avocado Chicken Salad Sandwiches

 Dairy Free

READY IN



11 min.

SERVINGS



4

CALORIES



409 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup avocado cubed () (1)
- ☐ 0.1 teaspoon pepper black
- ☐ 3 cups chicken breast cubed cooked ()
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 4 leaf lettuce leaves green
- ☐ 0.3 cup mayonnaise light
- ☐ 0.3 teaspoon salt
- ☐ 8 slices bread whole wheat toasted

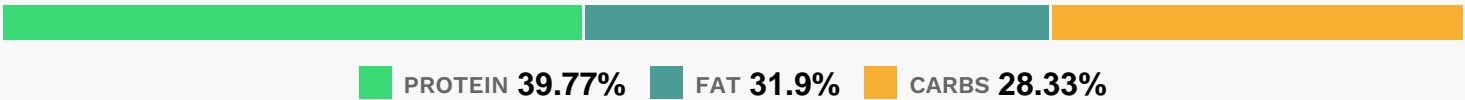
Equipment

- ☐ bowl
- ☐ knife

Directions

- ☐ Combine first 5 ingredients in a large bowl. Gently stir avocado into chicken mixture until combined.
- ☐ Place 1 lettuce leaf onto each of 4 bread slices. Spoon chicken mixture evenly onto each lettuce leaf. Top with remaining bread slices.
- ☐ Serve with: Herbed Tomato-Cucumber Salad
- ☐ Shortcut Kitchen Tip
- ☐ To peel, seed, and dice an avocado, cut into the avocado vertically using a sharp knife; you'll hit the large seed in the center, so don't expect to be able to cut all the way through the fruit.
- ☐ Cut around the seed; twist both sides. Pull the halves apart. Whack the seed with the knife blade; then gently twist the knife, and pull to remove the seed, which will be stuck on the blade. Gently slice several horizontal and vertical lines through the flesh, but not through the skin. Use a spoon to gently scoop the diced flesh from the shell.

Nutrition Facts



Properties

Glycemic Index:43.42, Glycemic Load:14.76, Inflammation Score:-5, Nutrition Score:23.02130455297%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 409.16kcal (20.46%), Fat: 14.36g (22.09%), Saturated Fat: 2.75g (17.21%), Carbohydrates: 28.7g (9.57%), Net Carbohydrates: 22.8g (8.29%), Sugar: 3.23g (3.58%), Cholesterol: 91.49mg (30.5%), Sodium: 593.83mg

(25.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.29g (80.57%), Vitamin B3: 17.54mg (87.69%), Manganese: 1.28mg (63.97%), Selenium: 43.95µg (62.79%), Vitamin B6: 0.85mg (42.45%), Phosphorus: 380.2mg (38.02%), Fiber: 5.91g (23.63%), Vitamin B1: 0.32mg (21.31%), Magnesium: 85.02mg (21.25%), Vitamin K: 22.06µg (21.01%), Vitamin B5: 1.93mg (19.3%), Potassium: 598.86mg (17.11%), Vitamin B2: 0.26mg (15.45%), Iron: 2.77mg (15.39%), Zinc: 2.29mg (15.26%), Folate: 59.17µg (14.79%), Copper: 0.25mg (12.68%), Calcium: 113.23mg (11.32%), Vitamin E: 1.68mg (11.18%), Vitamin B12: 0.36µg (5.95%), Vitamin C: 3.9mg (4.72%), Vitamin A: 176.17IU (3.52%)