



 **32%**  
HEALTH SCORE

## Avocado-Corn Chowder with Grilled Chicken

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

READY IN



**28 min.**

SERVINGS



**4**

CALORIES



**355 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 avocado divided ripe
- 0.5 teaspoon pepper black divided freshly ground
- 0.3 cup cilantro leaves fresh chopped
- 1.5 cups fresh corn kernels fresh ( 3 ears)
- 1 small garlic cut in half
- 0.3 cup spring onion chopped
- 1 teaspoon honey
- 1 teaspoon kosher salt divided

- 4 lime wedges
- 1 teaspoon olive oil
- 0.5 cup orange juice fresh
- 1 cup bell pepper red chopped
- 12 ounces chicken breast boneless skinless
- 1.5 cups water

## Equipment

- bowl
- frying pan
- blender
- grill pan

## Directions

- Peel and coarsely chop 1 avocado; place in a blender.
- Add water, orange juice, honey, 3/4 teaspoon salt, 1/4 teaspoon black pepper, and red pepper, if desired; blend until smooth.
- Place in freezer to chill while chicken cooks.
- Heat a grill pan over medium-high heat.
- Brush chicken with oil; sprinkle with remaining 1/4 teaspoon salt and 1/4 teaspoon black pepper.
- Place chicken in pan; cook 4 minutes on each side or until done.
- Remove chicken from pan; rub chicken with cut sides of garlic halves.
- Let chicken stand 10 minutes; cut or shred into bite-sized pieces.
- Peel and dice remaining avocado. Stir diced avocado, corn, bell pepper, and onions into chilled avocado puree. Spoon chowder into bowls; top with chicken and cilantro.
- Serve with lime wedges.

## Nutrition Facts



■ PROTEIN 24.15% ■ FAT 45.05% ■ CARBS 30.8%

## Properties

Glycemic Index:83.57, Glycemic Load:4.27, Inflammation Score:0, Nutrition Score:27.89565224492%

## Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 11.44mg, Hesperetin: 11.44mg, Hesperetin: 11.44mg, Hesperetin: 11.44mg Naringenin: 1.28mg, Naringenin: 1.28mg, Naringenin: 1.28mg, Naringenin: 1.28mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

## Nutrients (% of daily need)

Calories: 355.26kcal (17.76%), Fat: 19g (29.23%), Saturated Fat: 2.99g (18.68%), Carbohydrates: 29.23g (9.74%), Net Carbohydrates: 19.67g (7.15%), Sugar: 10.4g (11.56%), Cholesterol: 54.43mg (18.14%), Sodium: 704.38mg (30.63%), Alcohol: 0g (100%), Protein: 22.92g (45.84%), Vitamin C: 85.5mg (103.63%), Vitamin B3: 12.23mg (61.16%), Vitamin B6: 1.09mg (54.73%), Vitamin K: 44.79µg (42.65%), Selenium: 28.3µg (40.43%), Fiber: 9.56g (38.26%), Folate: 142.99µg (35.75%), Vitamin A: 1669.53IU (33.39%), Potassium: 1152.57mg (32.93%), Vitamin B5: 3.26mg (32.59%), Phosphorus: 305.63mg (30.56%), Magnesium: 85.06mg (21.27%), Vitamin E: 3.14mg (20.94%), Vitamin B1: 0.27mg (18.11%), Manganese: 0.36mg (18.1%), Vitamin B2: 0.3mg (17.78%), Copper: 0.31mg (15.34%), Zinc: 1.59mg (10.63%), Iron: 1.69mg (9.41%), Calcium: 41.7mg (4.17%), Vitamin B12: 0.17µg (2.83%)