



Avocado Salad with Orange-Wasabi Glazed Chicken



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



287 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 avocados diced pitted peeled
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 6 servings hot sauce to taste
- ☐ 2 juice of lime juiced
- ☐ 1 cup orange juice
- ☐ 0.3 cup onion diced red
- ☐ 0.5 cup red wine

- ☐ 10 ounce salad greens mixed dried rinsed
- ☐ 6 servings salt and pepper to taste
- ☐ 0.5 cup tomatoes diced
- ☐ 1 teaspoon wasabi paste
- ☐ 0.3 cup water
- ☐ 1 cup sugar white

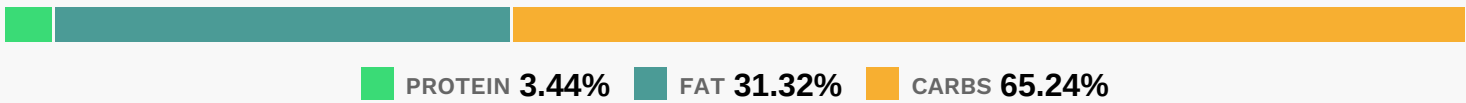
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ oven mitt

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Slice chicken strips and set aside.
- ☐ In a large, nonreactive pot, heat sugar and water together over medium high heat, stirring occasionally, until caramelized to a deep amber color.
- ☐ Remove from heat and slowly (and very carefully--use an oven mitt!) add wine. Return to heat and stir until all particles are dissolved. Stirring constantly, add orange juice and wasabi, adjusting the amount to taste.
- ☐ Brush chicken strips with the glaze, and then place on a baking sheet.
- ☐ Bake in the preheated oven until heated through.
- ☐ While chicken is warming, toss together the tomatoes, red onion, cilantro, lime juice, avocados, salt, pepper and hot sauce. Adjust seasonings to taste, and spoon mixture onto the greens. Top with warmed chicken strips and serve.

Nutrition Facts



Properties

Glycemic Index:45.68, Glycemic Load:26.3, Inflammation Score:-7, Nutrition Score:10.941739160082%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 1.01mg, Epicatechin: 1.01mg, Epicatechin: 1.01mg, Epicatechin: 1.01mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 5.96mg, Hesperetin: 5.96mg, Hesperetin: 5.96mg, Hesperetin: 5.96mg Naringenin: 1.36mg, Naringenin: 1.36mg, Naringenin: 1.36mg, Naringenin: 1.36mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 287.04kcal (14.35%), Fat: 10.12g (15.56%), Saturated Fat: 1.45g (9.06%), Carbohydrates: 47.41g (15.8%), Net Carbohydrates: 42.46g (15.44%), Sugar: 38.09g (42.32%), Cholesterol: 0mg (0%), Sodium: 216.74mg (9.42%), Alcohol: 2.12g (100%), Alcohol %: 1.08% (100%), Protein: 2.5g (5%), Vitamin C: 43.98mg (53.31%), Folate: 88.72µg (22.18%), Fiber: 4.94g (19.77%), Vitamin A: 835.65IU (16.71%), Potassium: 571.42mg (16.33%), Vitamin K: 15.67µg (14.93%), Vitamin B6: 0.26mg (13.11%), Manganese: 0.23mg (11.35%), Vitamin B5: 1.11mg (11.06%), Vitamin E: 1.5mg (9.98%), Copper: 0.19mg (9.48%), Magnesium: 35.12mg (8.78%), Vitamin B3: 1.74mg (8.7%), Vitamin B2: 0.14mg (8.39%), Vitamin B1: 0.11mg (7.24%), Phosphorus: 71.95mg (7.19%), Iron: 0.93mg (5.15%), Zinc: 0.64mg (4.24%), Calcium: 26.42mg (2.64%), Selenium: 0.78µg (1.12%)