



WHATSheATE



BBQ Chicken Salad with Creamy Avocado Dressing



Gluten Free



Dairy Free



Popular

READY IN



25 min.

SERVINGS



4

CALORIES



487 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



0.3 cup avocado dressing



0.5 cup bbq sauce



1 cup black beans drained and rinsed



1 cup cherry tomatoes sliced in half



4 small chicken breasts



0.3 cup cilantro leaves



4 strips bacon cooked cut into 1 inch slices and

- ☐ 1 cup regular corn
- ☐ 6 cups lettuce sliced
- ☐ 4 servings salt and pepper to taste

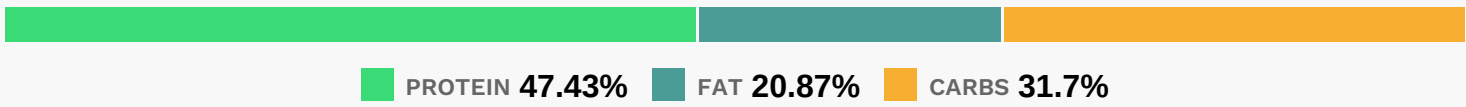
Equipment

- ☐ grill

Directions

- ☐ Season the chicken with salt and pepper and grill over medium-high heat until cooked, about 4-6 minutes per side basting the chicken in the BBQ sauce as you go.
- ☐ Let the chicken cool a bit and slice. Assemble salad and enjoy!

Nutrition Facts



Properties

Glycemic Index:47.38, Glycemic Load:6.59, Inflammation Score:-8, Nutrition Score:32.957826085713%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg

Nutrients (% of daily need)

Calories: 487.35kcal (24.37%), Fat: 11.27g (17.34%), Saturated Fat: 2.62g (16.36%), Carbohydrates: 38.53g (12.84%), Net Carbohydrates: 31.33g (11.39%), Sugar: 16.74g (18.6%), Cholesterol: 152.56mg (50.85%), Sodium: 975.4mg (42.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 57.64g (115.28%), Vitamin B3: 26mg (129.98%), Selenium: 77.78µg (111.11%), Vitamin B6: 1.95mg (97.3%), Phosphorus: 640.02mg (64%), Potassium: 1479.84mg (42.28%), Vitamin B5: 4.06mg (40.6%), Vitamin K: 33.39µg (31.8%), Folate: 127.06µg (31.76%), Magnesium: 119.89mg (29.97%), Fiber: 7.2g (28.8%), Vitamin B1: 0.4mg (26.87%), Manganese: 0.53mg (26.41%), Vitamin C: 17.77mg (21.54%), Vitamin B2: 0.36mg (21.23%), Vitamin A: 1060.16IU (21.2%), Zinc: 2.62mg (17.44%), Iron: 2.98mg (16.58%), Copper: 0.28mg (13.95%), Vitamin E: 1.41mg (9.37%), Vitamin B12: 0.54µg (8.99%), Calcium: 62.19mg (6.22%),

Vitamin D: 0.26µg (1.72%)