



WHATSheATE



Black Bean and Chicken Salad



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



546 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 oz black beans drained and rinsed canned
- ☐ 4 cups meat from a rotisserie chicken shredded skinless
- ☐ 8.8 oz corn kernels drained canned
- ☐ 1 clove garlic minced
- ☐ 1 pint grape tomatoes halved
- ☐ 2 tablespoons juice of lemon
- ☐ 8 cups the salad mixed
- ☐ 0.3 cup olive oil extra virgin extra-virgin

- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup spring onion light white green thinly sliced
- ☐ 2 tablespoons balsamic vinegar white

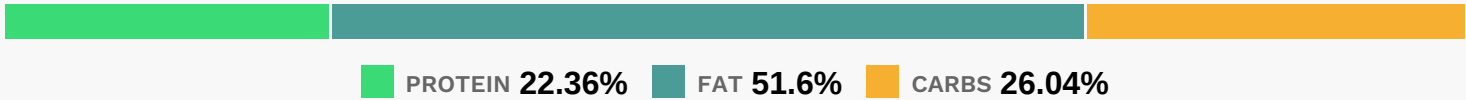
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together lemon juice, vinegar, garlic, salt and olive oil. In a large bowl, combine beans, corn and tomatoes; toss with 2 Tbsp. of vinaigrette.
- ☐ Divide greens among 4 plates. Top with chicken, bean mixture and scallions.
- ☐ Drizzle with remaining vinaigrette.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:2.06, Inflammation Score:-9, Nutrition Score:25.893478134404%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.91mg, Naringenin: 0.91mg, Naringenin: 0.91mg, Naringenin: 0.91mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 546.48kcal (27.32%), Fat: 31.91g (49.09%), Saturated Fat: 7.01g (43.82%), Carbohydrates: 36.24g (12.08%), Net Carbohydrates: 26.04g (9.47%), Sugar: 7.4g (8.23%), Cholesterol: 84.75mg (28.25%), Sodium: 717.16mg (31.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.12g (62.23%), Vitamin C: 44.75mg (54.24%), Vitamin B3: 10.15mg (50.76%), Vitamin A: 2147.38IU (42.95%), Fiber: 10.2g (40.78%), Phosphorus: 374.62mg (37.46%), Folate: 147.44µg (36.86%), Vitamin B6: 0.65mg (32.61%), Manganese: 0.63mg (31.32%), Potassium: 1077.92mg (30.8%), Vitamin K: 32.12µg (30.59%), Selenium: 18.5µg (26.43%), Iron: 4.27mg (23.74%),

Magnesium: 92.53mg (23.13%), Vitamin B2: 0.39mg (22.81%), Vitamin B1: 0.31mg (20.94%), Vitamin E: 3.02mg (20.16%), Copper: 0.4mg (19.97%), Zinc: 2.67mg (17.77%), Vitamin B5: 1.66mg (16.64%), Calcium: 82.38mg (8.24%), Vitamin B12: 0.35µg (5.84%), Vitamin D: 0.23µg (1.51%)