



Caribbean Chicken and Black Bean Salad



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



387 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup juice of lime
- ☐ 2 tablespoons vegetable oil
- ☐ 1 tablespoon honey
- ☐ 0.5 teaspoon chili powder
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.3 teaspoon salt
- ☐ 2 drops hot sauce red
- ☐ 2 cups roasted chicken cooked

- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 cup tomatoes chopped
- ☐ 1 medium avocado peeled chopped
- ☐ 1 small to 3 sized squashes yellow chopped
- ☐ 15 oz black beans rinsed drained canned
- ☐ 1 Leaf lettuce

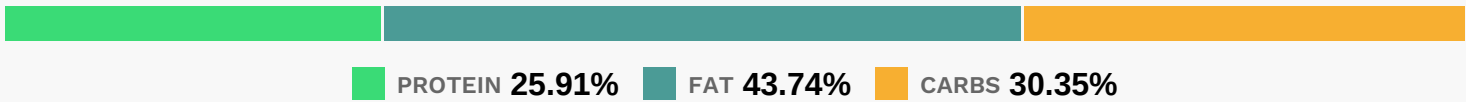
Equipment

- ☐ bowl

Directions

- ☐ In tightly covered container, shake all dressing ingredients until well blended.
- ☐ In large bowl, toss all salad ingredients except lettuce.
- ☐ Pour dressing over salad; toss.
- ☐ Serve on lettuce leaves.

Nutrition Facts



Properties

Glycemic Index:57.82, Glycemic Load:3.23, Inflammation Score:-7, Nutrition Score:20.560434839%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 387.06kcal (19.35%), Fat: 19.35g (29.77%), Saturated Fat: 3.49g (21.8%), Carbohydrates: 30.21g (10.07%), Net Carbohydrates: 18.51g (6.73%), Sugar: 6.6g (7.33%), Cholesterol: 52.5mg (17.5%), Sodium: 630.74mg (27.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.78g (51.57%), Fiber: 11.7g (46.79%), Vitamin B3: 7.49mg (37.46%), Folate: 126.12µg (31.53%), Phosphorus: 300.13mg (30.01%), Vitamin K: 30.84µg (29.37%), Vitamin B6: 0.58mg (29.23%), Vitamin C: 23.29mg (28.23%), Selenium: 18.99µg (27.13%), Potassium: 933.34mg (26.67%), Manganese: 0.45mg (22.39%), Vitamin B2: 0.35mg (20.84%), Iron: 3.54mg (19.67%), Magnesium: 78.17mg (19.54%), Copper: 0.39mg (19.45%), Vitamin B1: 0.26mg (17.38%), Vitamin B5: 1.69mg (16.85%), Zinc: 2.16mg (14.39%), Vitamin E: 2mg (13.3%), Vitamin A: 637.22IU (12.74%), Calcium: 65.37mg (6.54%), Vitamin B12: 0.2µg (3.38%)