



Chicken and Avocado Salad with Wasabi-Lime Dressing

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



126 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 medium avocado diced pitted peeled
- 6 oz baby spinach packed
- 0.3 cup cilantro leaves fresh finely chopped
- 1 teaspoon ginger fresh finely chopped
- 3 tablespoons juice of lime (from 1 large lime)
- 0.3 cup olive oil
- 3 cups rotisserie chicken cut shredded boneless skinless cooked

- 0.5 teaspoon salt
- 0.7 cup spring onion light white green finely chopped
- 2 teaspoons wasabi paste

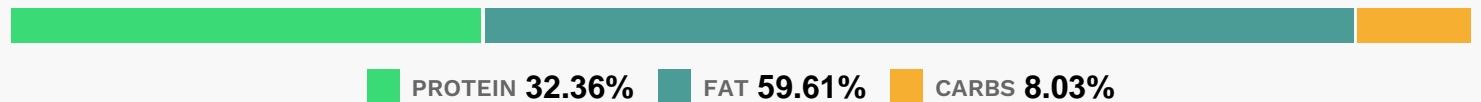
Equipment

- bowl
- whisk

Directions

- Whisk together oil, lime juice, wasabi, salt and ginger in a small bowl.
- Place chicken, avocados, scallions and cilantro in a large bowl.
- Pour dressing over mixture; toss gently.
- Divide spinach among 4 plates, top with chicken salad and serve immediately.

Nutrition Facts



Properties

Glycemic Index:7.55, Glycemic Load:0.24, Inflammation Score:-6, Nutrition Score:5.8852173465749%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 125.58kcal (6.28%), Fat: 8.6g (13.23%), Saturated Fat: 1.58g (9.86%), Carbohydrates: 2.61g (0.87%), Net Carbohydrates: 0.93g (0.34%), Sugar: 0.29g (0.33%), Cholesterol: 34.07mg (11.36%), Sodium: 190.23mg (8.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.51g (21.01%), Vitamin K: 54.46µg (51.87%), Vitamin A: 874.88IU

(17.5%), Folate: 35.36µg (8.84%), Vitamin C: 5.97mg (7.24%), Vitamin E: 1.01mg (6.71%), Fiber: 1.68g (6.7%), Manganese: 0.11mg (5.69%), Potassium: 161.11mg (4.6%), Vitamin B6: 0.07mg (3.65%), Magnesium: 13.84mg (3.46%), Vitamin B5: 0.29mg (2.92%), Vitamin B2: 0.05mg (2.71%), Copper: 0.05mg (2.71%), Iron: 0.42mg (2.32%), Vitamin B3: 0.44mg (2.19%), Phosphorus: 16.7mg (1.67%), Vitamin B1: 0.02mg (1.55%), Calcium: 14.4mg (1.44%), Zinc: 0.2mg (1.32%)