



 **72%**
HEALTH SCORE

Chicken and Black Bean Salad

 **Gluten Free**  **Very Healthy**

READY IN



25 min.

SERVINGS



4

CALORIES



534 kcal

SIDE DISH

Ingredients

- 1 lb chicken breast boneless skinless
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 tablespoon vegetable oil
- 8 cups romaine leaves (1 medium head)
- 15 oz black beans rinsed drained canned
- 1 pint grape tomatoes cut in half (2 cups)
- 1 cup carrots sliced

- 8 spring onion chopped
- 4 oz cheddar cheese shredded finely
- 0.5 cup honey dijon mustard

Equipment

- frying pan
- paper towels

Directions

- Sprinkle both sides of chicken breasts with salt and pepper; cut into strips.
- In 12-inch nonstick skillet, heat oil over medium-high heat. Stir in chicken; cook 3 to 5 minutes or until golden brown. Turn chicken strips over; cook 3 to 4 minutes longer until chicken is no longer pink in center.
- Transfer to paper towel-lined plate.
- Just before serving, on each of 4 plates, layer one-fourth of lettuce, beans, tomatoes, carrot, green onions, cheese and chicken.
- Drizzle each salad with 2 tablespoons dressing.

Nutrition Facts

PROTEIN 33.07% **FAT 25.7%** **CARBS 41.23%**

Properties

Glycemic Index:37.21, Glycemic Load:2.65, Inflammation Score:-10, Nutrition Score:50.838261200034%

Flavonoids

Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg

Nutrients (% of daily need)

Calories: 534.14kcal (26.71%), Fat: 15.1g (23.23%), Saturated Fat: 6.12g (38.24%), Carbohydrates: 54.49g (18.17%), Net Carbohydrates: 39.36g (14.31%), Sugar: 16.5g (18.33%), Cholesterol: 99.51mg (33.17%), Sodium: 1613.28mg

(70.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.71g (87.42%), Vitamin A: 41832.37IU (836.65%), Vitamin C: 112.01mg (135.77%), Manganese: 1.97mg (98.74%), Vitamin B3: 15.56mg (77.8%), Vitamin B6: 1.55mg (77.66%), Folate: 292.15µg (73.04%), Vitamin K: 71.26µg (67.86%), Phosphorus: 663.6mg (66.36%), Selenium: 44.96µg (64.23%), Potassium: 2144.83mg (61.28%), Fiber: 15.13g (60.53%), Vitamin B1: 0.78mg (51.98%), Vitamin B2: 0.87mg (50.91%), Calcium: 442.29mg (44.23%), Iron: 7.69mg (42.72%), Magnesium: 157.81mg (39.45%), Zinc: 3.41mg (22.74%), Vitamin B5: 2.1mg (21%), Vitamin E: 2.97mg (19.81%), Copper: 0.35mg (17.65%), Vitamin B12: 0.58µg (9.59%), Vitamin D: 0.26µg (1.7%)