



 **53%**
HEALTH SCORE

Chicken and Bulgur Salad with Avocado

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



554 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup basil leaves chopped
- 1 cup bulgur
- 1 cup cherry tomatoes halved
- 12 ounce chicken breasts boneless with skin
- 0.8 pound fennel bulb cored cut into 1/2-inch pieces
- 0.3 cup grapeseed oil
- 2 hass avocados cut into 1-inch chunks
- 5 tablespoons juice of lemon fresh

- 0.5 cup orange juice fresh
- 4 servings salt and pepper freshly ground
- 2 large scallions thinly sliced
- 1 cup water boiling

Equipment

- bowl
- baking sheet
- oven
- whisk

Directions

- Preheat the oven to 50
- In a heatproof bowl, cover the bulgur with the boiling water. Cover the bowl with a plate and let stand until the water has been absorbed and the bulgur is tender, about 30 minutes.
- Meanwhile, on a rimmed baking sheet, coat the chicken breasts with 1 tablespoon of the grapeseed oil and season with salt and pepper. Roast the chicken on the top shelf for 15 minutes, or until golden brown and just cooked through; let cool. Slice the breasts on the diagonal about 1/4 inch thick.
- In a small bowl, whisk the orange juice with the basil, lemon juice, scallions and the remaining 1/4 cup of grapeseed oil; season the vinaigrette with salt and pepper.
- In a large bowl, toss the bulgur, chicken, avocados, fennel and tomatoes with the vinaigrette; season with salt and pepper. Mound the salad onto plates and serve.
- Make Ahead: The salad can be refrigerated for up to 2 hours.
- Wine Recommendation: A ripe, oaky Australian Chardonnay, such as the 2001 Lindemans Padthaway or the 2000 Rosemount Show Reserve, will blend the sweet, tangy and assertive flavors in this salad.

Nutrition Facts



Properties

Glycemic Index:85, Glycemic Load:13.67, Inflammation Score:-9, Nutrition Score:35.873478197533%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 1.89mg, Eriodictyol: 1.89mg, Eriodictyol: 1.89mg, Eriodictyol: 1.89mg Hesperetin: 6.42mg, Hesperetin: 6.42mg, Hesperetin: 6.42mg, Hesperetin: 6.42mg Naringenin: 0.92mg, Naringenin: 0.92mg, Naringenin: 0.92mg, Naringenin: 0.92mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

Nutrients (% of daily need)

Calories: 553.74kcal (27.69%), Fat: 31.43g (48.35%), Saturated Fat: 4.11g (25.71%), Carbohydrates: 48.34g (16.11%), Net Carbohydrates: 31.82g (11.57%), Sugar: 8.45g (9.39%), Cholesterol: 54.43mg (18.14%), Sodium: 359.33mg (15.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.38g (52.76%), Vitamin K: 114.75µg (109.29%), Manganese: 1.49mg (74.27%), Vitamin C: 55.42mg (67.17%), Vitamin B3: 13.39mg (66.93%), Fiber: 16.53g (66.11%), Vitamin B6: 1.12mg (55.88%), Vitamin E: 7.02mg (46.81%), Potassium: 1503.61mg (42.96%), Selenium: 29.34µg (41.91%), Phosphorus: 401.89mg (40.19%), Folate: 145.15µg (36.29%), Magnesium: 136.02mg (34%), Vitamin B5: 3.32mg (33.18%), Copper: 0.46mg (23.17%), Vitamin B2: 0.32mg (18.57%), Vitamin B1: 0.27mg (17.68%), Iron: 2.96mg (16.45%), Vitamin A: 817.51IU (16.35%), Zinc: 2.14mg (14.26%), Calcium: 95.07mg (9.51%), Vitamin B12: 0.17µg (2.83%)