



Chicken and Bulgur Salad with Corn

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



538 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.7 cup bulgur
- 0.3 teaspoon cayenne
- 4 cups corn kernels fresh frozen (cut from 6 ears)
- 0.3 teaspoon fresh-ground pepper black
- 1 jalapeno minced
- 4 tablespoons juice of lime (from 2 limes)
- 4.5 tablespoons olive oil
- 1 small onion red chopped

- 1.5 teaspoons salt
- 1.3 pounds chicken breasts boneless skinless (4)
- 1 tomatoes seeded chopped
- 0.7 cup water boiling

Equipment

- bowl
- frying pan

Directions

- In a medium bowl, combine the bulgur and the water. Cover and let sit for 20 minutes.
- In a large nonstick frying pan, heat 1 1/2 tablespoons of the oil over moderate heat.
- Add the corn and 1/4 teaspoon of the salt and cook, stirring occasionally, for 5 minutes.
- Add the onion and continue cooking for 5 minutes longer, stirring occasionally.
- Transfer to a large glass or stainless-steel bowl and let cool.
- Add 1 tablespoon of the oil to the frying pan and heat over moderate heat. Season the chicken with 1/4 teaspoon of the salt and the black pepper. Cook the breasts until browned and just done, about 5 minutes per side.
- Remove the chicken from the pan and let it rest for 5 minutes.
- Cut crosswise into 1/4-inch slices.
- Add the bulgur, tomato, jalapeo, cilantro, 3 tablespoons of the lime juice, the cayenne, and 3/4 teaspoon of the salt to the bowl with the corn and onion. Toss.
- In a small glass or stainless-steel bowl, combine the remaining 1 tablespoon lime juice, 2 tablespoons oil, and 1/4 teaspoon salt. Mound the salad onto plates. Top with the chicken and drizzle the chicken with the lime oil.
- Wine Recommendation: German rieslings show their great adaptability by flattering notoriously difficult-to-match salads. The earthy flavors of a young Pfalz sptlese will match those of the sweet corn and chicken.

Nutrition Facts



■ PROTEIN 28.8% ■ FAT 35.4% ■ CARBS 35.8%

Properties

Glycemic Index:52, Glycemic Load:7.26, Inflammation Score:-8, Nutrition Score:29.479565122853%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg

Nutrients (% of daily need)

Calories: 538.11kcal (26.91%), Fat: 22.07g (33.96%), Saturated Fat: 3.59g (22.42%), Carbohydrates: 50.22g (16.74%), Net Carbohydrates: 41.99g (15.27%), Sugar: 11.56g (12.84%), Cholesterol: 96.77mg (32.26%), Sodium: 1078.55mg (46.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.4g (80.81%), Vitamin B3: 19.82mg (99.11%), Vitamin B6: 1.43mg (71.43%), Selenium: 49.98µg (71.39%), Phosphorus: 535.49mg (53.55%), Manganese: 1.07mg (53.38%), Vitamin B5: 3.53mg (35.3%), Magnesium: 139.91mg (34.98%), Potassium: 1190.37mg (34.01%), Fiber: 8.23g (32.92%), Vitamin C: 26.67mg (32.33%), Vitamin B1: 0.41mg (27.02%), Folate: 85.68µg (21.42%), Vitamin E: 3.04mg (20.26%), Vitamin B2: 0.28mg (16.3%), Zinc: 2.12mg (14.14%), Vitamin K: 14.24µg (13.57%), Vitamin A: 673.23IU (13.46%), Copper: 0.24mg (12.05%), Iron: 2.17mg (12.04%), Vitamin B12: 0.3µg (5.04%), Calcium: 33.17mg (3.32%), Vitamin D: 0.15µg (1.01%)