



Chicken-and-Cornbread Salad with Lime

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



1095 kcal

SIDE DISH

Ingredients

- ☐ 18 ounce chicken-breast halves boneless skinless
- ☐ 4 cups cornbread cut into large cubes
- ☐ 4 servings ground cumin
- ☐ 4 servings juice of lime fresh
- ☐ 4 servings olive oil extra-virgin
- ☐ 4 servings onion red chopped
- ☐ 1 romaine heart chopped
- ☐ 4 servings tomatoes chopped

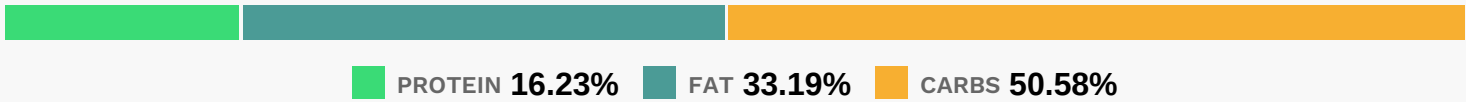
Equipment

- ☐ oven
- ☐ whisk
- ☐ grill

Directions

- ☐ Preheat grill to high. Preheat oven to 35
- ☐ Toast cornbread 10 minutes.
- ☐ Whisk together 2 tablespoons juice, 2 tablespoons olive oil, and 1 1/2 teaspoons cumin.
- ☐ Brush 1 tablespoon mixture on chicken; season with salt and pepper. Grill 5 minutes per side; slice. Toss cornbread, 1 1/2 cups tomato, 3/4 cup onion, and romaine with dressing. Season with salt and pepper. Top with chicken.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:1.88, Inflammation Score:-9, Nutrition Score:39.957825603692%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 1.34mg, Naringenin: 1.34mg, Naringenin: 1.34mg, Naringenin: 1.34mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 1095.17kcal (54.76%), Fat: 40.6g (62.45%), Saturated Fat: 11.55g (72.2%), Carbohydrates: 139.23g (46.41%), Net Carbohydrates: 131.24g (47.73%), Sugar: 43.24g (48.05%), Cholesterol: 216.5mg (72.17%), Sodium: 1577.31mg (68.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.66g (89.32%), Phosphorus: 1247.74mg (124.77%), Vitamin B3: 19.22mg (96.09%), Selenium: 61.52µg (87.89%), Vitamin B6: 1.32mg (66.14%), Vitamin A: 2567.83IU (51.36%), Folate: 175.04µg (43.76%), Vitamin C: 35.86mg (43.46%), Vitamin B1: 0.62mg (41.14%),

Manganese: 0.8mg (40.02%), Vitamin K: 39.07µg (37.21%), Potassium: 1285.15mg (36.72%), Calcium: 359.96mg (36%), Vitamin B2: 0.59mg (34.62%), Iron: 6.17mg (34.3%), Vitamin B5: 3.4mg (33.98%), Fiber: 7.99g (31.96%), Vitamin E: 4.55mg (30.3%), Magnesium: 100.33mg (25.08%), Zinc: 2.72mg (18.14%), Copper: 0.33mg (16.69%), Vitamin B12: 0.8µg (13.32%)