



Chicken, Avocado, and Orange Salad



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



462 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 avocado firm pitted ripe peeled sliced
- ☐ 10 ounce salad greens mixed such as bibb and radicchio, or romaine blend
- ☐ 2 large navel oranges
- ☐ 6 tablespoons olive oil extra-virgin
- ☐ 2 tablespoons orange juice
- ☐ 1 cup onion red thinly sliced
- ☐ 2 tablespoons red wine vinegar
- ☐ 1 pound chicken breast halves boneless skinless

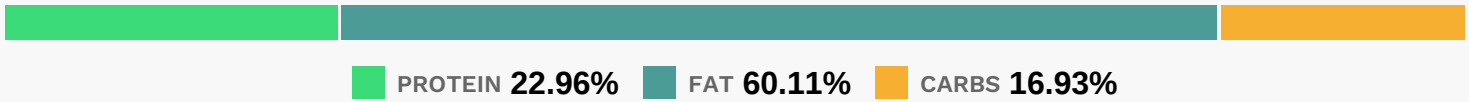
Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk
- ☐ cutting board

Directions

- ☐ In a small bowl, whisk together the vinegar, orange juice, oil, salt, and freshly ground pepper until well blended. Cook chicken breasts in boiling, salted water 10 minutes, or until chicken is no longer pink inside.
- ☐ Remove chicken and cool 5 minutes on a cutting board; slice into long strips.
- ☐ Transfer warm chicken to a bowl and toss with a few tablespoons of the dressing. Season to taste with salt and freshly ground pepper. With a sharp knife, remove orange peel and white pith from oranges; slice crosswise into thin rounds. In a large bowl, toss onion and lettuce with remaining vinaigrette. Divide between bowls and top salads with the chicken, oranges, and avocado slices.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:1.64, Inflammation Score:-8, Nutrition Score:24.759565000949%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 16.32mg, Hesperetin: 16.32mg, Hesperetin: 16.32mg, Hesperetin: 16.32mg Naringenin: 5.15mg, Naringenin: 5.15mg, Naringenin: 5.15mg, Naringenin: 5.15mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.28mg, Quercetin: 8.28mg, Quercetin: 8.28mg, Quercetin: 8.28mg

Quercetin: 8.28mg

Nutrients (% of daily need)

Calories: 462.2kcal (23.11%), Fat: 31.54g (48.52%), Saturated Fat: 4.65g (29.06%), Carbohydrates: 19.99g (6.66%), Net Carbohydrates: 14.38g (5.23%), Sugar: 8.69g (9.66%), Cholesterol: 72.57mg (24.19%), Sodium: 156.89mg (6.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.1g (54.21%), Vitamin C: 71.45mg (86.6%), Vitamin B3: 13.47mg (67.35%), Vitamin B6: 1.14mg (57.09%), Selenium: 36.98µg (52.83%), Phosphorus: 321.65mg (32.17%), Vitamin E: 4.4mg (29.31%), Potassium: 979.92mg (28%), Vitamin B5: 2.65mg (26.47%), Folate: 105.41µg (26.35%), Vitamin K: 23.59µg (22.47%), Fiber: 5.6g (22.42%), Vitamin A: 1103.21IU (22.06%), Magnesium: 64.79mg (16.2%), Vitamin B2: 0.26mg (15.48%), Manganese: 0.27mg (13.45%), Vitamin B1: 0.2mg (13.41%), Copper: 0.21mg (10.45%), Zinc: 1.26mg (8.39%), Iron: 1.49mg (8.25%), Calcium: 61.81mg (6.18%), Vitamin B12: 0.23µg (3.78%)