



# Chicken Avocado Salad

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



8

CALORIES



225 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 3 avocado diced pitted peeled
- 0.5 cup cilantro leaves fresh chopped
- 0.5 cup onion red finely chopped
- 0.3 cup balsamic vinaigrette salad dressing
- 1 pound chicken breast diced boneless skinless

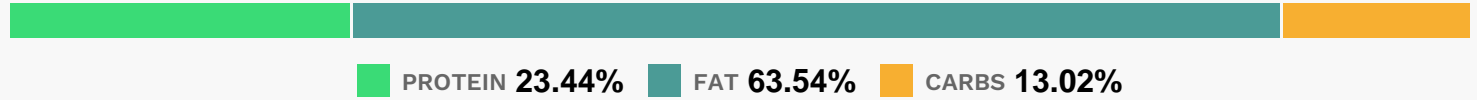
## Equipment

- bowl

## Directions

- In a medium bowl, combine the avocados, chicken, onion and cilantro.
- Pour the balsamic vinaigrette over everything, and toss lightly to coat.

## Nutrition Facts



## Properties

Glycemic Index:12.38, Glycemic Load:0.76, Inflammation Score:-5, Nutrition Score:12.648260925127%

## Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

## Nutrients (% of daily need)

Calories: 224.54kcal (11.23%), Fat: 16.48g (25.35%), Saturated Fat: 2.64g (16.51%), Carbohydrates: 7.6g (2.53%), Net Carbohydrates: 2.35g (0.85%), Sugar: 1.13g (1.25%), Cholesterol: 36.29mg (12.1%), Sodium: 71.99mg (3.13%), Alcohol: 0g (100%), Protein: 13.68g (27.35%), Vitamin B3: 7.25mg (36.24%), Vitamin B6: 0.63mg (31.59%), Selenium: 18.63µg (26.61%), Vitamin K: 26.8µg (25.52%), Fiber: 5.25g (20.99%), Vitamin B5: 1.87mg (18.73%), Potassium: 595.79mg (17.02%), Folate: 65.84µg (16.46%), Phosphorus: 161.64mg (16.16%), Vitamin E: 2.06mg (13.7%), Vitamin C: 9.23mg (11.19%), Magnesium: 37.86mg (9.47%), Vitamin B2: 0.16mg (9.35%), Copper: 0.16mg (8.23%), Manganese: 0.13mg (6.63%), Vitamin B1: 0.09mg (6.14%), Zinc: 0.83mg (5.56%), Vitamin A: 194.74IU (3.89%), Iron: 0.66mg (3.68%), Vitamin B12: 0.11µg (1.89%), Calcium: 14.85mg (1.48%)