

 **90%**
HEALTH SCORE

Chicken-Avocado Salad

 Very Healthy

READY IN

**45 min.**

SERVINGS

**1**

CALORIES

**760 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup avocado sliced
- ☐ 6 cherry tomatoes halved
- ☐ 0.8 cup bulgur cooked
- ☐ 1 tablespoon feta cheese
- ☐ 1 serving cilantro leaves fresh chopped
- ☐ 2 teaspoons olive oil
- ☐ 1 teaspoon orange juice
- ☐ 1 Dash pepper

- ☐ 2 ounces roasted chicken shredded
- ☐ 1 Dash salt
- ☐ 1 teaspoon sherry vinegar

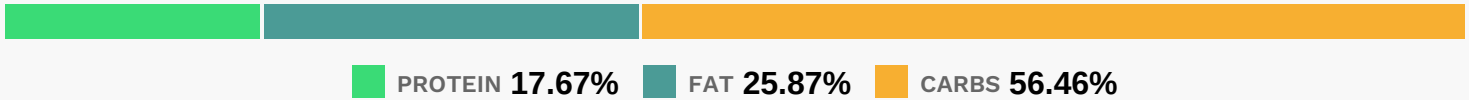
Equipment

- ☐ bowl

Directions

- ☐ Combine olive oil, orange juice, vinegar, and a dash of salt and pepper in a small bowl. Toss bulgur with chicken. Top with avocado and cherry tomato halves.
- ☐ Sprinkle with feta cheese.
- ☐ Drizzle dressing over bulgur mixture; toss gently to coat.
- ☐ Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:230, Glycemic Load:37.77, Inflammation Score:-9, Nutrition Score:35.124782963939%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.84mg, Hesperetin: 0.84mg, Hesperetin: 0.84mg, Hesperetin: 0.84mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 760.02kcal (38%), Fat: 22.87g (35.19%), Saturated Fat: 5.53g (34.53%), Carbohydrates: 112.32g (37.44%), Net Carbohydrates: 84.07g (30.57%), Sugar: 3.94g (4.37%), Cholesterol: 57.65mg (19.22%), Sodium: 312.83mg (13.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.15g (70.31%), Manganese: 4.35mg (217.59%), Fiber:

28.25g (112.99%), Magnesium: 260.22mg (65.05%), Vitamin B3: 12.84mg (64.21%), Phosphorus: 625.51mg (62.55%), Vitamin B6: 0.95mg (47.58%), Vitamin C: 30.56mg (37.04%), Copper: 0.65mg (32.4%), Potassium: 1122.15mg (32.06%), Vitamin B1: 0.45mg (29.76%), Zinc: 4.38mg (29.17%), Selenium: 20.31µg (29.01%), Iron: 5.15mg (28.6%), Vitamin B5: 2.81mg (28.1%), Vitamin B2: 0.46mg (26.91%), Folate: 90.94µg (22.74%), Vitamin K: 18.93µg (18.03%), Vitamin E: 2.62mg (17.46%), Calcium: 155.79mg (15.58%), Vitamin A: 682.1IU (13.64%), Vitamin B12: 0.45µg (7.53%)