



Chicken-Avocado Salad with Soybeans



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



392 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup canola oil
- ☐ 1 small celery rib thinly sliced
- ☐ 1 pound rotisserie chicken breast meat skinless cooked cut into 3/4-inch dice (3 cups)
- ☐ 0.3 cup cilantro leaves
- ☐ 0.5 teaspoon ginger fresh minced
- ☐ 1 pound hass avocados cut into 3/4-inch dice
- ☐ 2 tablespoons juice of lime fresh
- ☐ 6 servings salt and pepper white freshly ground

- ☐ 3 scallions thinly sliced
- ☐ 1 pound soybeans in their pods fresh frozen thawed
- ☐ 1 pinch sugar

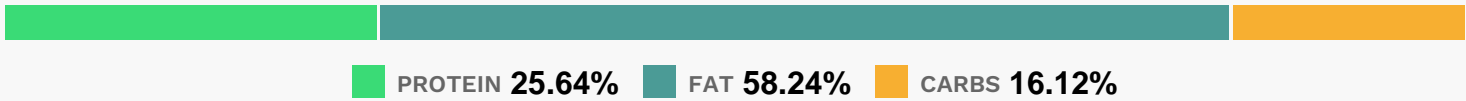
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ pot

Directions

- ☐ In a small bowl, combine the oil with the lime juice, ginger and sugar. Season with salt and white pepper and whisk until blended.
- ☐ Bring a large pot of salted water to a boil.
- ☐ Add the soybeans and cook until tender, about 5 minutes.
- ☐ Drain the soybeans and cool under running water.
- ☐ Remove the soybeans from their pods and pat dry with paper towels.
- ☐ In a large bowl, combine the soybeans with the chicken, avocados, scallions, celery and all but 1 tablespoon of the cilantro.
- ☐ Add the dressing and gently toss to combine, being careful not to mash the avocados. Mound the salad on plates, sprinkle with the remaining 1 tablespoon of cilantro and serve.
- ☐ ONE SERVING Calories 486 kcal, Total Fat 3 gm, Saturated Fat 7 gm
- ☐ Wine Recommendation: The acidic, sharp flavors that the lime and cilantro add to this salad point to an equally acidic Sauvignon Blanc as the best match. Look for the 1997 Mulderbosch from South Africa or the 1996 Matua Valley from New Zealand.

Nutrition Facts



Properties

Glycemic Index:36.85, Glycemic Load:0.77, Inflammation Score:-8, Nutrition Score:26.315217577893%

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 Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 392.04kcal (19.6%), Fat: 26.4g (40.62%), Saturated Fat: 3.21g (20.06%), Carbohydrates: 16.44g (5.48%), Net Carbohydrates: 6.71g (2.44%), Sugar: 2.56g (2.84%), Cholesterol: 48.38mg (16.13%), Sodium: 99.65mg (4.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.15g (52.3%), Folate: 304.72µg (76.18%), Vitamin K: 58.27µg (55.49%), Vitamin B3: 9.95mg (49.74%), Manganese: 0.99mg (49.71%), Vitamin B6: 0.85mg (42.29%), Fiber: 9.74g (38.94%), Selenium: 24.61µg (35.16%), Phosphorus: 332.91mg (33.29%), Potassium: 1006.91mg (28.77%), Vitamin E: 3.92mg (26.16%), Vitamin B5: 2.44mg (24.44%), Magnesium: 93.74mg (23.43%), Copper: 0.45mg (22.6%), Vitamin C: 16.4mg (19.87%), Vitamin B2: 0.3mg (17.71%), Vitamin B1: 0.26mg (17.07%), Iron: 2.81mg (15.61%), Zinc: 2.01mg (13.43%), Calcium: 71.69mg (7.17%), Vitamin A: 258.35IU (5.17%), Vitamin B12: 0.15µg (2.52%)