



51%
HEALTH SCORE

Chicken & Black Sesame Salad

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



364 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.5 teaspoons pomegranate molasses
- 2.3 lbs butternut squash diced peeled
- 800 g garbanzo beans rinsed drained canned
- 1 chicken breast
- 2 teaspoons cilantro leaves chopped
- 1 tablespoon juice of lemon
- 1 teaspoon ground mustard
- 0.3 cup olive oil

- 1 large onion spanish finely sliced
- 2 teaspoons parsley chopped
- 1 teaspoon sesame seed black
- 1 teaspoon sugar
- 0.3 cup vinegar white

Equipment

Nutrition Facts

PROTEIN 17.64% **FAT 38.21%** **CARBS 44.15%**

Properties

Glycemic Index:47.74, Glycemic Load:5.89, Inflammation Score:-10, Nutrition Score:26.85%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg

Nutrients (% of daily need)

Calories: 364.01kcal (18.2%), Fat: 16.07g (24.72%), Saturated Fat: 2.22g (13.87%), Carbohydrates: 41.78g (13.93%), Net Carbohydrates: 31.99g (11.63%), Sugar: 5.99g (6.66%), Cholesterol: 24.11mg (8.04%), Sodium: 422.76mg (18.38%), Protein: 16.69g (33.38%), Vitamin A: 18118.47IU (362.37%), Manganese: 1.49mg (74.74%), Vitamin B6: 1.21mg (60.5%), Vitamin C: 39.2mg (47.52%), Fiber: 9.78g (39.13%), Vitamin B3: 6.21mg (31.03%), Vitamin E: 4.28mg (28.51%), Potassium: 973.91mg (27.83%), Magnesium: 108.81mg (27.2%), Phosphorus: 254.67mg (25.47%), Selenium: 16.56µg (23.66%), Folate: 86.95µg (21.74%), Copper: 0.36mg (18.17%), Iron: 3.18mg (17.65%), Vitamin B1: 0.25mg (16.96%), Vitamin B5: 1.65mg (16.53%), Calcium: 141.07mg (14.11%), Zinc: 1.49mg (9.9%), Vitamin K: 9.94µg (9.47%), Vitamin B2: 0.1mg (5.92%), Vitamin B12: 0.08µg (1.26%)