



HEALTH SCORE

63%

Chicken breast with avocado salad



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



1

CALORIES



458 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 chicken breast skinless



1 olive oil for the salad



1 tsp paprika smoked



0.5 small avocado diced



1 tsp red wine vinegar



1 tbsp flat parsley roughly chopped



1 medium tomatoes chopped



1 serving onion red thinly sliced

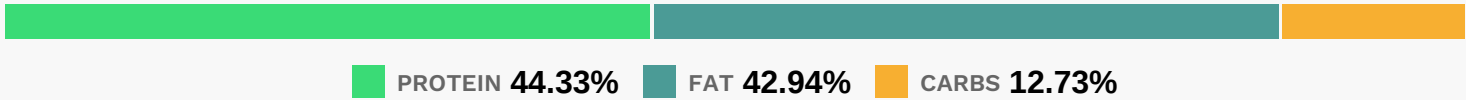
Equipment

☐ grill

Directions

- ☐ Heat grill to medium. Rub the chicken all over with 1 tsp of the olive oil and the paprika. Cook for 4–5 mins each side until lightly charred and cooked through.
- ☐ Mix the salad ingredients together, season and add the rest of the oil. thickly slice the chicken and serve with salad.

Nutrition Facts



Properties

Glycemic Index:152, Glycemic Load:2.11, Inflammation Score:-9, Nutrition Score:38.020869659341%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 8.19mg, Apigenin: 8.19mg, Apigenin: 8.19mg, Apigenin: 8.19mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 457.78kcal (22.89%), Fat: 22.16g (34.09%), Saturated Fat: 3.64g (22.77%), Carbohydrates: 14.78g (4.93%), Net Carbohydrates: 5.73g (2.09%), Sugar: 4.18g (4.64%), Cholesterol: 144.64mg (48.21%), Sodium: 279.29mg (12.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.48g (102.96%), Vitamin B3: 26.3mg (131.52%), Vitamin B6: 2.1mg (104.84%), Selenium: 72.86µg (104.08%), Vitamin K: 95.81µg (91.24%), Phosphorus: 565.55mg (56.56%), Vitamin A: 2544.33IU (50.89%), Potassium: 1685.21mg (48.15%), Vitamin B5: 4.79mg (47.93%), Vitamin C: 34.78mg (42.16%), Fiber: 9.05g (36.2%), Folate: 115.84µg (28.96%), Magnesium: 107.19mg (26.8%), Vitamin E: 3.93mg (26.19%), Vitamin B2: 0.41mg (24.04%), Manganese: 0.36mg (17.92%), Vitamin B1: 0.27mg (17.85%), Copper: 0.35mg (17.27%), Zinc: 2.29mg (15.29%), Iron: 2.41mg (13.39%), Vitamin B12: 0.45µg (7.53%), Calcium: 46.02mg (4.6%), Vitamin D: 0.23µg (1.51%)