



## Chicken, Mango, and Rice Salad

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

READY IN



45 min.

SERVINGS



4

CALORIES



719 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 avocado peeled cut into 1/2-inch dice
- 0.8 cup cilantro leaves chopped
- 0.3 cup cooking oil
- 0.8 teaspoon fresh-ground pepper black
- 3.5 tablespoons juice of lime (from 2 limes)
- 1 mangos peeled cut into 1/2-inch dice
- 0.8 cup onion red chopped
- 1.5 cups rice

- 1.3 teaspoons salt
- 1.3 pounds chicken breasts boneless skinless ( 4)

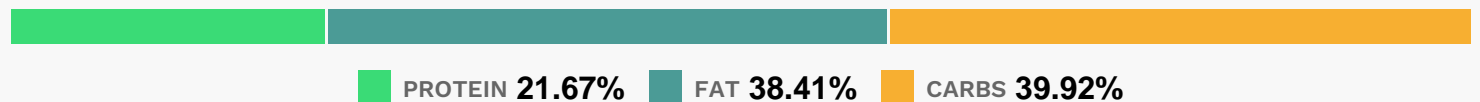
## Equipment

- frying pan
- pot
- grill pan

## Directions

- In a large pot of boiling, salted water, cook the rice until just done, 10 to 15 minutes.
- Drain. Rinse with cold water.
- Drain thoroughly.
- Coat the chicken with the 1 tablespoon oil. Season with 1/4 teaspoon each of the salt and pepper.
- Heat a grill pan over moderate heat. Cook the breasts until just done, 4 to 5 minutes per side. Alternatively, heat the tablespoon of oil in a large frying pan and season and cook the chicken as directed above. When the chicken is cool enough to handle, cut it into 1/2-inch dice.
- Toss the rice with the chicken, onion, mango, avocado, the 1/3 cup oil, the remaining 1 teaspoon salt and 1/2 teaspoon pepper, the lime juice, and cilantro.
- Wine Recommendation: With its fruit, richness, and flavor, Australian smillon will match this dish blow for blow.

## Nutrition Facts



## Properties

Glycemic Index:60.98, Glycemic Load:38.01, Inflammation Score:-8, Nutrition Score:29.866956617521%

## Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Epicatechin:

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## Nutrients (% of daily need)

Calories: 718.96kcal (35.95%), Fat: 30.69g (47.22%), Saturated Fat: 3.49g (21.83%), Carbohydrates: 71.77g (23.92%), Net Carbohydrates: 65.93g (23.98%), Sugar: 9.03g (10.03%), Cholesterol: 96.77mg (32.26%), Sodium: 912.52mg (39.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.96g (77.93%), Vitamin B3: 18.19mg (90.96%), Selenium: 59.58µg (85.12%), Vitamin B6: 1.48mg (74.18%), Manganese: 0.99mg (49.25%), Phosphorus: 443.24mg (44.32%), Vitamin C: 32.64mg (39.57%), Vitamin B5: 3.73mg (37.33%), Vitamin E: 5.25mg (35%), Vitamin K: 36.52µg (34.78%), Potassium: 1049.78mg (29.99%), Fiber: 5.84g (23.35%), Folate: 83.49µg (20.87%), Magnesium: 81.89mg (20.47%), Copper: 0.37mg (18.7%), Vitamin A: 890.31IU (17.81%), Vitamin B2: 0.29mg (16.81%), Vitamin B1: 0.21mg (14.2%), Zinc: 2.08mg (13.89%), Iron: 1.64mg (9.13%), Calcium: 51.57mg (5.16%), Vitamin B12: 0.3µg (5.04%), Vitamin D: 0.15µg (1.01%)