



HEALTH SCORE

100%

Chicken & orange salad



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



2

CALORIES



695 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 150 g green beans trimmed
- ☐ 1 fennel bulb
- ☐ 1 large avocado
- ☐ 100 g watercress roughly chopped
- ☐ 2 cranberry-orange relish
- ☐ 2 tbsp olive oil
- ☐ 2 chicken breast strips/pre-cooked/chopped shredded cooked

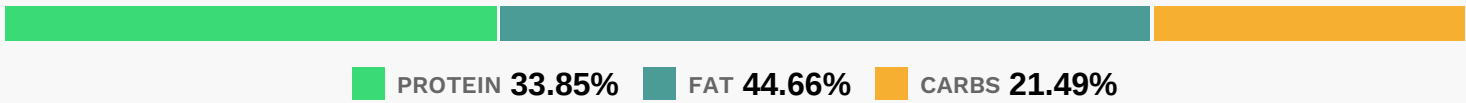
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook the beans in a large pan of boiling salted water for 4–5 mins. Cool under cold water and put in a bowl. Finely slice the fennel bulb, cutting away the core.
- ☐ Peel and slice the avocado and add to bowl with watercress. Peel the oranges, cut out the segments and add to bowl. Squeeze the rest of the orange juice into a bowl and mix with the olive oil to make a dressing. Toss salad in the dressing, scatter over chicken, then serve.

Nutrition Facts



Properties

Glycemic Index:102.75, Glycemic Load:9.78, Inflammation Score:-10, Nutrition Score:45.521304187567%

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 Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg Hesperetin: 35.7mg, Hesperetin: 35.7mg, Hesperetin: 35.7mg, Hesperetin: 35.7mg Naringenin: 20.07mg, Naringenin: 20.07mg, Naringenin: 20.07mg, Naringenin: 20.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 12.02mg, Kaempferol: 12.02mg, Kaempferol: 12.02mg, Kaempferol: 12.02mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 17.9mg, Quercetin: 17.9mg, Quercetin: 17.9mg, Quercetin: 17.9mg

Nutrients (% of daily need)

Calories: 694.95kcal (34.75%), Fat: 35.52g (54.65%), Saturated Fat: 5.99g (37.41%), Carbohydrates: 38.44g (12.81%), Net Carbohydrates: 22.66g (8.24%), Sugar: 20.05g (22.28%), Cholesterol: 146.2mg (48.73%), Sodium: 220.43mg (9.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 60.57g (121.14%), Vitamin K: 260.77µg (248.36%), Vitamin C: 124.43mg (150.83%), Vitamin B3: 27.1mg (135.51%), Vitamin B6: 1.59mg (79.71%), Selenium: 50.25µg (71.78%), Fiber: 15.78g (63.12%), Phosphorus: 579.76mg (57.98%), Potassium: 1972.63mg (56.36%), Vitamin A: 2747.38IU (54.95%), Folate: 188.43µg (47.11%), Vitamin E: 6.28mg (41.88%), Vitamin B5: 3.98mg (39.78%), Manganese: 0.71mg (35.61%), Magnesium: 141.26mg (35.32%), Vitamin B2: 0.55mg (32.62%), Vitamin B1: 0.42mg (27.99%), Copper: 0.5mg (25.08%), Iron: 4.28mg (23.76%), Calcium: 235.48mg (23.55%), Zinc: 2.92mg (19.49%), Vitamin B12: 0.58µg (9.75%), Vitamin D: 0.17µg (1.15%)