



WHATSheATE



Chicken Pastor Salad with Avocado Vinaigrette

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



643 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3.5 ounce annatto seed paste () (achiote)
- ☐ 8 servings avocado vinaigrette
- ☐ 3.5 pounds skinned and boned chicken breast halves
- ☐ 1 medium cucumber thinly sliced
- ☐ 1 pint grape tomatoes
- ☐ 0.3 cup honey
- ☐ 12 cups salad greens mixed

- ☐ 16 mozzarella balls fresh miniature (bocconcini)
- ☐ 1 cup orange juice
- ☐ 0.3 cup rice vinegar
- ☐ 8 servings sesame seed

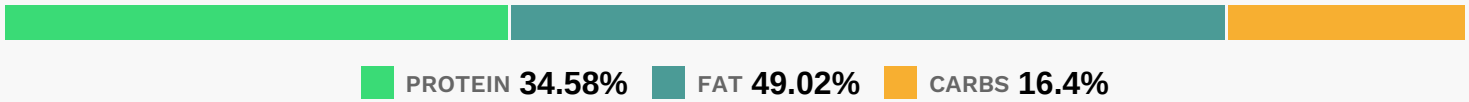
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Combine first 4 ingredients in a small bowl.
- ☐ Place chicken in a large zip-top freezer bag.
- ☐ Pour orange juice mixture over chicken. Seal and chill 8 hours, turning occasionally.
- ☐ Remove chicken from marinade, discarding marinade.
- ☐ Grill chicken, covered with grill lid, over medium-high heat (350 to 400°F)
- ☐ about 15 minutes or until done, turning once. Cool completely; cover and chill at least 1 hour. Slice chicken into strips, and sprinkle with sesame seeds.
- ☐ Combine salad greens, tomatoes, cucumber, and mozzarella, tossing well. Top with chicken strips, and serve with Avocado Vinaigrette.

Nutrition Facts



Properties

Glycemic Index:35.28, Glycemic Load:7.92, Inflammation Score:-9, Nutrition Score:37.430000051208%

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: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 1.07mg, Naringenin: 1.07mg, Naringenin: 1.07mg, Naringenin: 1.07mg Kaempferol:

0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 642.92kcal (32.15%), Fat: 36.06g (55.48%), Saturated Fat: 7.82g (48.88%), Carbohydrates: 27.14g (9.05%), Net Carbohydrates: 18.53g (6.74%), Sugar: 13.89g (15.43%), Cholesterol: 147.17mg (49.06%), Sodium: 297.79mg (12.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 57.24g (114.48%), Vitamin B3: 23.63mg (118.13%), Vitamin B6: 1.93mg (96.48%), Selenium: 67.08µg (95.82%), Vitamin C: 50.76mg (61.53%), Phosphorus: 567.94mg (56.79%), Potassium: 1601.91mg (45.77%), Vitamin B5: 4.47mg (44.72%), Folate: 140.8µg (35.2%), Fiber: 8.61g (34.45%), Copper: 0.67mg (33.54%), Calcium: 321.65mg (32.17%), Magnesium: 128.5mg (32.12%), Vitamin A: 1460.64IU (29.21%), Manganese: 0.56mg (27.99%), Vitamin K: 27.91µg (26.58%), Vitamin B2: 0.41mg (24.06%), Vitamin B1: 0.33mg (22.19%), Vitamin E: 2.81mg (18.71%), Zinc: 2.72mg (18.13%), Iron: 3.15mg (17.5%), Vitamin B12: 0.4µg (6.61%), Vitamin D: 0.2µg (1.32%)