



Chicken Salad Avocado

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

READY IN



60 min.

SERVINGS



4

CALORIES



418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 avocado pitted peeled thinly sliced
- 1 cup olives black sliced
- 1.5 cups chicken breast cooked thinly sliced
- 0.1 teaspoon garlic chopped to taste
- 0.5 cup bell pepper green thinly sliced
- 0.5 teaspoon ground pepper black
- 0.3 cup juice of lemon fresh
- 4 cups leafy lettuce green to taste

- 0.5 cup bell pepper red thinly sliced
- 0.3 cup onion diced red
- 0.3 cup red wine vinegar
- 1 teaspoon salt
- 0.3 cup vegetable oil
- 1 tablespoon sugar white

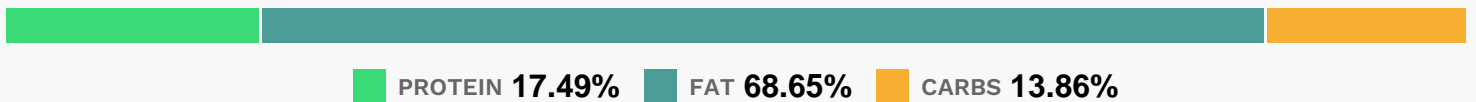
Equipment

- bowl
- plastic wrap

Directions

- Combine lettuce, chicken, black olives, green bell pepper, red bell pepper, and red onion together in a bowl; cover with plastic wrap and refrigerate until chilled, about 30 minutes.
- Mix oil, red wine vinegar, lemon juice, sugar, salt, pepper, and garlic in a container with lid; cover and shake until well combined. Refrigerate until chilled, about 30 minutes.
- Mix avocado into salad. Shake dressing and drizzle over salad; toss lightly.

Nutrition Facts



Properties

Glycemic Index:68.27, Glycemic Load:3.4, Inflammation Score:-8, Nutrition Score:19.460869336906%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg

0.05mg, Myricetin: 0.05mg Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg

Nutrients (% of daily need)

Calories: 417.71kcal (20.89%), Fat: 32.84g (50.53%), Saturated Fat: 5.1g (31.91%), Carbohydrates: 14.91g (4.97%), Net Carbohydrates: 8.58g (3.12%), Sugar: 6.97g (7.74%), Cholesterol: 44.63mg (14.88%), Sodium: 1160.58mg (50.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.83g (37.66%), Vitamin C: 52.6mg (63.76%), Vitamin K: 64.68µg (61.6%), Vitamin B3: 8.54mg (42.71%), Vitamin B6: 0.6mg (30.08%), Vitamin E: 4.47mg (29.83%), Fiber: 6.33g (25.33%), Vitamin A: 1233.02IU (24.66%), Selenium: 15.2µg (21.71%), Folate: 80.12µg (20.03%), Phosphorus: 176mg (17.6%), Potassium: 605.71mg (17.31%), Vitamin B5: 1.39mg (13.92%), Manganese: 0.27mg (13.53%), Magnesium: 45.63mg (11.41%), Copper: 0.21mg (10.36%), Vitamin B2: 0.17mg (10.16%), Vitamin B1: 0.14mg (9.09%), Iron: 1.56mg (8.68%), Zinc: 1.07mg (7.16%), Calcium: 53.36mg (5.34%), Vitamin B12: 0.18µg (2.98%)