



Chipotle Chicken Salad

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



208 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon chipotles in adobo minced seeded
- 0.3 cup cilantro leaves fresh finely chopped
- 1 tablespoon juice of lime
- 2 tablespoons mayonnaise
- 1 tablespoon olive oil
- 1 onion red cut into wedges
- 1 cup roasted peppers red jarred chopped
- 6 servings salt and pepper

- 1.5 pounds chicken breast halves boneless skinless
- 3 tablespoons cream sour

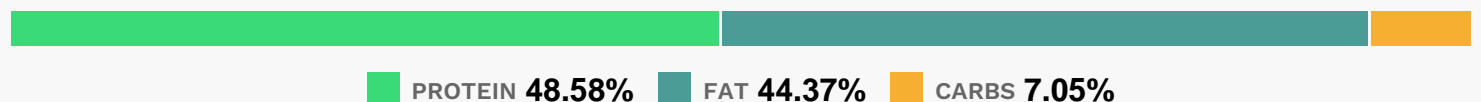
Equipment

- bowl
- baking sheet
- oven
- aluminum foil
- cutting board

Directions

- Preheat oven to 350F.
- Place chicken on a rimmed, foil-lined baking sheet and surround with red onion wedges.
- Drizzle with olive oil and sprinkle lightly with salt and pepper.
- Bake 20 minutes, until onions are softened and chicken is cooked through (cut to test).
- Let cool 10 minutes on baking sheet, then transfer chicken to cutting board and cut into half-inch cubes. Coarsely chop onion.
- Transfer chicken and onion to a large bowl and let cool to room temperature. Stir in roasted peppers.
- In a small bowl, combine sour cream, mayonnaise, chipotles, adobo sauce and lime juice; stir to combine.
- Pour dressing over chicken mixture and toss to coat evenly.
- Sprinkle salad with cilantro and serve.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:0.39, Inflammation Score:-4, Nutrition Score:13.42434794229%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg

Nutrients (% of daily need)

Calories: 207.54kcal (10.38%), Fat: 10.02g (15.41%), Saturated Fat: 2.14g (13.35%), Carbohydrates: 3.59g (1.2%), Net Carbohydrates: 2.71g (0.99%), Sugar: 1.23g (1.36%), Cholesterol: 78.07mg (26.02%), Sodium: 677.52mg (29.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.68g (49.37%), Vitamin B3: 12mg (59.98%), Selenium: 36.79µg (52.56%), Vitamin B6: 0.92mg (45.9%), Phosphorus: 254.44mg (25.44%), Vitamin C: 14.61mg (17.71%), Vitamin B5: 1.68mg (16.84%), Potassium: 496.46mg (14.18%), Vitamin K: 12.17µg (11.59%), Magnesium: 34.97mg (8.74%), Vitamin B2: 0.14mg (8.13%), Vitamin B1: 0.09mg (5.98%), Vitamin A: 257.49IU (5.15%), Zinc: 0.76mg (5.1%), Vitamin E: 0.76mg (5.06%), Manganese: 0.08mg (4.19%), Iron: 0.75mg (4.17%), Vitamin B12: 0.25µg (4.08%), Copper: 0.07mg (3.64%), Fiber: 0.88g (3.51%), Folate: 13.15µg (3.29%), Calcium: 26.98mg (2.7%)