



 **62%**
HEALTH SCORE

Chipotle Grilled Chicken Salad

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



50 min.

SERVINGS



4

CALORIES



430 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 chicken breast boneless skinless
- 0.8 cup bottled garlic
- 0.5 cup salsa thick
- 0.3 cup cilantro leaves fresh chopped
- 2 tablespoons bottled garlic
- 2 tablespoons olive oil
- 2 teaspoons lime zest grated
- 1 juice of lime

- 4 cups the of 1 cos lettuce
- 1 cup corn frozen cooled cooked
- 0.5 cup bell pepper red chopped
- 15 oz black beans rinsed drained canned

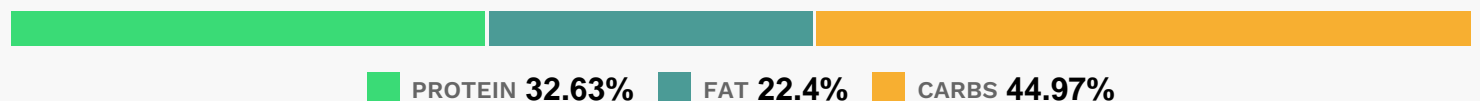
Equipment

- bowl
- grill
- ziploc bags

Directions

- In large nonmetal dish or resealable food-storage plastic bag, place chicken and 3/4 cup chipotle marinade; turn to coat. Cover dish or seal bag; refrigerate at least 20 minutes or up to 2 hours to marinate.
- Heat gas or charcoal grill.
- Remove chicken from marinade; discard marinade.
- Place chicken on grill over medium heat. Cover grill; cook 10 to 12 minutes, turning halfway through grilling, until chicken is fork-tender and juice is clear when center of thickest part is cut (170°F).
- Let stand 5 minutes; cut into 1/2-inch strips.
- In small bowl, stir together salsa, cilantro, 2 tablespoons chipotle marinade, the oil, lime peel and lime juice. In large bowl, toss lettuce, corn, bell pepper and beans; toss with salsa mixture.
- Divide bean mixture among 4 serving plates. Top each with chicken. If desired, serve with sour cream.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:5.08, Inflammation Score:-10, Nutrition Score:38.529565044071%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg

Nutrients (% of daily need)

Calories: 429.8kcal (21.49%), Fat: 11.09g (17.06%), Saturated Fat: 1.82g (11.37%), Carbohydrates: 50.1g (16.7%), Net Carbohydrates: 38.47g (13.99%), Sugar: 3.25g (3.61%), Cholesterol: 72.32mg (24.11%), Sodium: 768.67mg (33.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.34g (72.68%), Vitamin A: 4949.05IU (98.98%), Vitamin B6: 1.77mg (88.63%), Vitamin B3: 14.22mg (71.09%), Manganese: 1.33mg (66.65%), Selenium: 45.76µg (65.37%), Vitamin C: 52.53mg (63.67%), Vitamin K: 58.93µg (56.12%), Phosphorus: 498.4mg (49.84%), Fiber: 11.63g (46.51%), Folate: 162.66µg (40.67%), Potassium: 1329.09mg (37.97%), Vitamin B1: 0.43mg (28.37%), Magnesium: 107.36mg (26.84%), Vitamin B5: 2.44mg (24.44%), Iron: 4.34mg (24.12%), Vitamin B2: 0.39mg (23.21%), Copper: 0.46mg (23.13%), Calcium: 166.41mg (16.64%), Zinc: 2.35mg (15.68%), Vitamin E: 2.06mg (13.73%), Vitamin B12: 0.23µg (3.77%)