



Chopped Barbecued Chicken Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



602 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup barbecue sauce prepared
- ☐ 2 cans kidney beans drained and rinsed (15 oz. each)
- ☐ 2 cups meat from a rotisserie chicken cooked chopped
- ☐ 1 cup corn kernels fresh frozen thawed cooked
- ☐ 2 tablespoons juice of lime
- ☐ 8 ounces baby greens mixed
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup radishes thinly sliced

- ☐ 1 cup bell pepper red chopped
- ☐ 0.5 cup onion red chopped
- ☐ 1 tablespoon red wine vinegar
- ☐ 4 servings salt and pepper
- ☐ 8 oz tomatoes diced cored rinsed seeded
- ☐ 1 cup broken tortilla chips

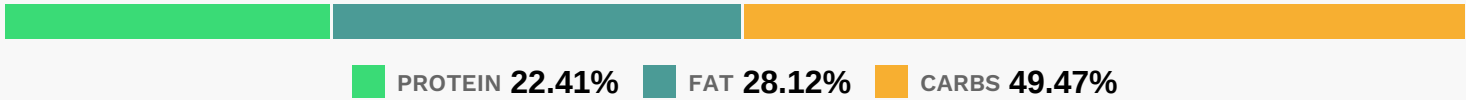
Equipment

- ☐ bowl

Directions

- ☐ In a large bowl, mix barbecue sauce, olive oil, lime juice, and vinegar.
- ☐ Add beans, chicken, corn, bell pepper, chips, radishes, onion, tomato, and greens.
- ☐ Mix well.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:45.25, Glycemic Load:12.77, Inflammation Score:-10, Nutrition Score:32.549130273902%

Flavonoids

Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg

Nutrients (% of daily need)

Calories: 601.74kcal (30.09%), Fat: 19.31g (29.71%), Saturated Fat: 3.39g (21.18%), Carbohydrates: 76.43g (25.48%), Net Carbohydrates: 59.93g (21.79%), Sugar: 16.92g (18.8%), Cholesterol: 52.5mg (17.5%), Sodium: 1136.09mg (49.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.63g (69.26%), Vitamin C: 78.88mg (95.61%), Fiber: 16.51g (66.03%), Phosphorus: 530.47mg (53.05%), Manganese: 0.98mg (49.09%), Vitamin A: 2425.26IU (48.51%), Vitamin B3: 8.71mg (43.54%), Vitamin B6: 0.8mg (40.15%), Potassium: 1324.7mg (37.85%), Magnesium: 143.68mg (35.92%), Folate: 136.22µg (34.05%), Selenium: 21.89µg (31.26%), Vitamin B1: 0.46mg (30.33%), Iron: 5.24mg (29.14%), Copper: 0.52mg (25.95%), Vitamin K: 26.56µg (25.29%), Zinc: 3.45mg (23.02%), Vitamin B2: 0.39mg (22.81%), Vitamin E: 3.15mg (21.01%), Vitamin B5: 1.9mg (18.99%), Calcium: 136.52mg (13.65%), Vitamin B12: 0.2µg (3.38%)