



## Cumin chicken & avocado salad



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



722 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 2 tbsp olive oil
- ☐ 1 tsp ground cumin
- ☐ 1 tsp mild chilli powder
- ☐ 4 fillet chicken breast boneless skinless
- ☐ 400 g pack cherry tomato halved
- ☐ 1 onion red finely chopped
- ☐ 4 little gem lettuces separated
- ☐ 20 g pack coriander fresh

- ☐ 3 hass avocados peeled sliced
- ☐ 6 tbsp caesar dressing fine (ready-made dressing is )
- ☐ 410 g kidney beans red drained and rinsed canned tinned

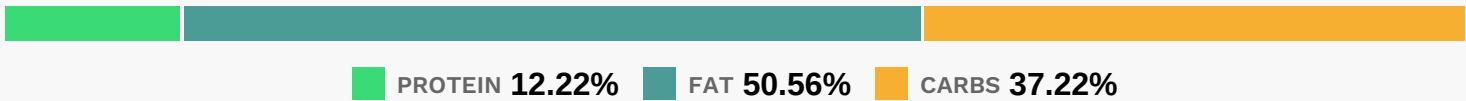
## Equipment

- ☐ bowl
- ☐ frying pan

## Directions

- ☐ Mix the oil and spices in a large bowl, then use the mixture to coat the chicken. Pan-fry the chicken (without extra oil) in a large non-stick frying pan for a few mins each side. Toss the tomatoes into any spiced oil left in the bowl, then add them to the pan. Cover and cook for 5 mins more until the chicken is cooked and the tomatoes are warm and starting to soften.
- ☐ Meanwhile, toss the onion, lettuce, coriander and avocados in the Caesar dressing and pile onto a large platter. Top with small handfuls of the beans and scatter with the tomatoes. Slice the warm chicken and pile on top.
- ☐ Serve with crusty bread or crunchy tortilla chips.

## Nutrition Facts



## Properties

Glycemic Index:47, Glycemic Load:14.93, Inflammation Score:-10, Nutrition Score:59.522174173723%

## Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.93mg, Quercetin: 8.93mg, Quercetin: 8.93mg, Quercetin: 8.93mg

## Nutrients (% of daily need)

Calories: 721.96kcal (36.1%), Fat: 44.71g (68.79%), Saturated Fat: 6.75g (42.16%), Carbohydrates: 74.06g (24.69%), Net Carbohydrates: 44.36g (16.13%), Sugar: 32.2g (35.77%), Cholesterol: 9.24mg (3.08%), Sodium: 590.03mg (25.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.3g (48.61%), Vitamin C: 234.81mg (284.62%), Vitamin B6: 3.09mg (154.41%), Manganese: 2.69mg (134.68%), Folate: 499.37µg (124.84%), Potassium: 4282.56mg (122.36%), Fiber: 29.7g (118.8%), Vitamin B2: 1.92mg (113.07%), Vitamin K: 116.37µg (110.83%), Magnesium: 283.66mg (70.92%), Vitamin A: 3527.33IU (70.55%), Phosphorus: 666.76mg (66.68%), Copper: 1.13mg (56.27%), Vitamin B1: 0.81mg (54.21%), Vitamin E: 7.52mg (50.14%), Vitamin B3: 9.48mg (47.4%), Iron: 7.63mg (42.4%), Vitamin B5: 4.21mg (42.13%), Zinc: 5.18mg (34.54%), Calcium: 256.03mg (25.6%), Selenium: 5.52µg (7.88%)