



## Dinner Tonight: Chicken, Potato, and Chipotle Salad

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



737 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 1 avocado pitted peeled chopped
- ☐ 2 carrots peeled chopped
- ☐ 1 .6 lb. chicken legs and thighs. this weight usually gives me 4 legs and 4 thighs
- ☐ 3 chipotles in adobo chopped
- ☐ 0.3 cup apple cider vinegar
- ☐ 0.5 head lettuce green washed and chopped ( leaf, romaine or bibb)
- ☐ 0.5 onion diced thinly sliced

- ☐ 1 teaspoon oregano dried
- ☐ 1 teaspoon salt
- ☐ 0.3 cup vegetable oil
- ☐ 2 small potato halved

## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot

## Directions

- ☐ Bring 2 cups of water to a boil in a medium saucepan over high heat.
- ☐ Add the chicken and half of the salt and reduce the heat to medium. If you're using dark meat cook for 23 minutes; white meat only needs 1
- ☐ When done remove the meat and when cool enough to handle shred with your fingers or two forks. Toss in a bowl.
- ☐ In another medium pot, add the potatoes, carrots, and a pinch of salt. Cover with water. Bring to a boil and cook for 12 minutes.
- ☐ Drain and run the potatoes and carrots under cold water until cool. Chop into half inch pieces. Toss in the bowl with the chicken.
- ☐ Take 3 tablespoons of the liquid that the chicken cooked in and pour it over the chicken and potato mixture.
- ☐ Add to that the vinegar, oregano, 1/2 teaspoon of the salt, onion, and the chipotles. Stir well and set aside for 15 minutes or so.
- ☐ Add the lettuce to a large bowl.
- ☐ Drizzle the oil on top of the leaves.
- ☐ Add the chicken mixture and the chopped avocado. Season with salt if necessary.
- ☐ Garnish with the thinly sliced onion.

## Nutrition Facts



 **PROTEIN 9.45%**  **FAT 62.73%**  **CARBS 27.82%**

Properties

Glycemic Index:95.42, Glycemic Load:4.13, Inflammation Score:-10, Nutrition Score:34.586087172446%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 8.73mg, Quercetin: 8.73mg, Quercetin: 8.73mg, Quercetin: 8.73mg

Nutrients (% of daily need)

Calories: 737.33kcal (36.87%), Fat: 52.94g (81.45%), Saturated Fat: 9.24g (57.74%), Carbohydrates: 52.84g (17.61%), Net Carbohydrates: 36.75g (13.36%), Sugar: 11.23g (12.48%), Cholesterol: 59.9mg (19.97%), Sodium: 1313.11mg (57.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.94g (35.88%), Vitamin A: 11103.68IU (222.07%), Vitamin K: 124.48µg (118.56%), Fiber: 16.09g (64.36%), Potassium: 1851.67mg (52.9%), Vitamin B6: 0.94mg (46.82%), Folate: 172.84µg (43.21%), Vitamin C: 34.23mg (41.49%), Manganese: 0.81mg (40.56%), Vitamin B3: 7.59mg (37.97%), Vitamin E: 5.3mg (35.34%), Phosphorus: 315.94mg (31.59%), Vitamin B5: 2.84mg (28.43%), Copper: 0.54mg (26.75%), Magnesium: 102.51mg (25.63%), Vitamin B1: 0.36mg (24.13%), Iron: 4.01mg (22.3%), Vitamin B2: 0.36mg (20.94%), Selenium: 13.26µg (18.94%), Zinc: 2.59mg (17.25%), Calcium: 104.35mg (10.43%), Vitamin B12: 0.36µg (6.01%)