



Grilled Chicken and Avocado Salad

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



409 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 avocado sliced
- 1 tablespoon basil pesto
- 1 mandarin orange
- 4 ounce chicken breast boneless skinless
- 2 cups pkt spinach fresh

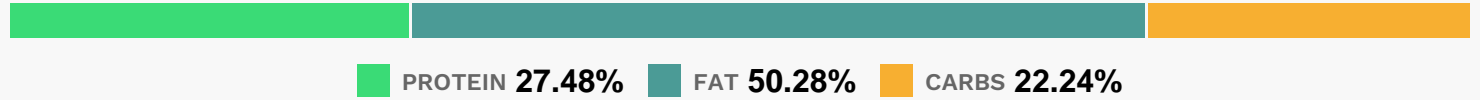
Equipment

- grill
- grill pan

Directions

- Heat a grill or grill pan to medium-high. Grill the chicken until cooked through, about 4 minutes per side. Meanwhile, arrange the spinach, avocado, and orange on a plate.
- Drizzle with the pesto.
- Serve with the chicken.

Nutrition Facts



Properties

Glycemic Index:114, Glycemic Load:5.26, Inflammation Score:-10, Nutrition Score:36.636522002842%

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 Hesperetin: 6.99mg, Hesperetin: 6.99mg, Hesperetin: 6.99mg Naringenin: 8.82mg, Naringenin: 8.82mg, Naringenin: 8.82mg, Naringenin: 8.82mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 3.83mg, Kaempferol: 3.83mg, Kaempferol: 3.83mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

Nutrients (% of daily need)

Calories: 408.56kcal (20.43%), Fat: 23.77g (36.57%), Saturated Fat: 3.82g (23.85%), Carbohydrates: 23.65g (7.88%), Net Carbohydrates: 13.78g (5.01%), Sugar: 10.72g (11.91%), Cholesterol: 73.77mg (24.59%), Sodium: 327.99mg (14.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.23g (58.47%), Vitamin K: 311.13µg (296.32%), Vitamin A: 6708.63IU (134.17%), Vitamin B3: 14.34mg (71.71%), Vitamin B6: 1.29mg (64.66%), Vitamin C: 51.77mg (62.75%), Folate: 216.42µg (54.11%), Selenium: 37.38µg (53.4%), Potassium: 1387.88mg (39.65%), Fiber: 9.88g (39.51%), Manganese: 0.73mg (36.61%), Phosphorus: 337.4mg (33.74%), Vitamin B5: 3.24mg (32.41%), Magnesium: 116.59mg (29.15%), Vitamin E: 3.69mg (24.6%), Vitamin B2: 0.39mg (22.89%), Copper: 0.34mg (16.83%), Vitamin B1: 0.24mg (15.85%), Iron: 2.82mg (15.65%), Calcium: 133.84mg (13.38%), Zinc: 1.68mg (11.2%), Vitamin B12: 0.23µg (3.78%)