



Grilled Chicken Posole Salad

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



4

CALORIES



760 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 ribs celery with green tops, chopped
- 24 ounce chicken breasts
- 3 cloves garlic chopped
- 0.5 cup olives green with pimientos drained chopped
- 1 tablespoon grill seasoning
- 2 teaspoons ground cumin
- 15 ounce hominy drained canned
- 1 tablespoon hot sauce

- 2 juice of lime juiced
- 4 servings olive oil extra-virgin divided for drizzling plus 3 tablespoons,
- 1 medium onion chopped
- 4 piquillo peppers diced red drained chopped
- 1 teaspoon poultry seasoning
- 4 servings salt and pepper
- 12 tomatillos dried rinsed peeled coarsely chopped
- 2 cups broken tortilla chips

Equipment

- bowl
- frying pan
- grill
- grill pan

Directions

- Preheat grill pan or outdoor grill to high. Coat chicken in extra-virgin olive oil, a generous drizzle.
- Combine the grill seasoning with cumin and thyme and sprinkle evenly over the chicken. Grill the meat 5 to 6 minutes on each side.
- Remove from heat and cool until easy to handle.
- While chicken cooks, heat a skillet over medium-high heat.
- Add 1 tablespoon extra-virgin olive oil, a turn of the pan, the garlic and onion, cook together a few minutes then add the tomatillos. Cook together 3 to 4 minutes just to take the bitter edge off the tomatillo then remove from heat.
- In a large bowl, combine the diced peppers, celery, olives and hominy. Dice and add the chicken.
- Add the hot sauce and the lime juice to the salad and dress with 2 tablespoons extra-virgin olive oil, eyeball it. Toss the salad then add in the tomatillo mixture and combine. Season the salad with salt and pepper, to taste, and serve with bits of tortilla chips as garnish.

Nutrition Facts

PROTEIN 22.92% FAT 41.27% CARBS 35.81%

Properties

Glycemic Index:23.5, Glycemic Load:0.92, Inflammation Score:-8, Nutrition Score:34.601739339207%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.87mg, Apigenin: 0.87mg, Apigenin: 0.87mg, Apigenin: 0.87mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg

Nutrients (% of daily need)

Calories: 760.4kcal (38.02%), Fat: 35.42g (54.5%), Saturated Fat: 5.24g (32.74%), Carbohydrates: 69.14g (23.05%), Net Carbohydrates: 59.1g (21.49%), Sugar: 8.44g (9.37%), Cholesterol: 108.86mg (36.29%), Sodium: 1831.32mg (79.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.27g (88.54%), Vitamin B3: 20.65mg (103.26%), Selenium: 61.68µg (88.11%), Vitamin B6: 1.63mg (81.43%), Phosphorus: 600.27mg (60.03%), Vitamin C: 42.04mg (50.95%), Vitamin K: 52.78µg (50.26%), Fiber: 10.04g (40.16%), Magnesium: 150.86mg (37.72%), Vitamin E: 5.63mg (37.54%), Potassium: 1255.77mg (35.88%), Vitamin B5: 3.58mg (35.83%), Manganese: 0.56mg (28.01%), Iron: 4.63mg (25.73%), Zinc: 3.42mg (22.78%), Vitamin B1: 0.29mg (19.26%), Vitamin B2: 0.3mg (17.81%), Copper: 0.34mg (16.85%), Calcium: 160.44mg (16.04%), Vitamin A: 629.21IU (12.58%), Folate: 48.29µg (12.07%), Vitamin B12: 0.34µg (5.67%), Vitamin D: 0.17µg (1.13%)