



HEALTH SCORE

53%

Jicama Tabbouleh and Chicken Salad



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 chicken cutlets
- ☐ 2 cups flat-leaf parsley leaves fresh packed chopped
- ☐ 1 cup mint leaves fresh packed chopped
- ☐ 1.8 pound jicama peeled
- ☐ 6 servings kosher salt and ground pepper black finely
- ☐ 2 tablespoons juice of lemon
- ☐ 4 tablespoons olive oil extra-virgin
- ☐ 0.5 onion finely chopped

- ☐ 1 persian cucumber chopped
- ☐ 1.5 teaspoons paprika smoked
- ☐ 2 medium tomatoes chopped

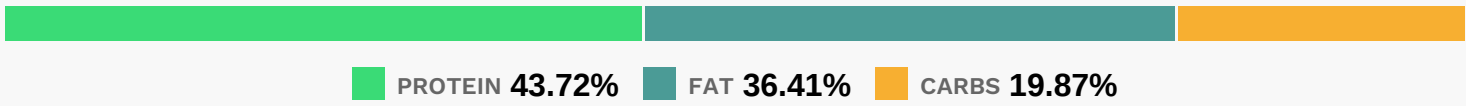
Equipment

- ☐ food processor
- ☐ bowl
- ☐ grill

Directions

- ☐ Cut the jicama into chunks, and then pulse in the food processor until finely ground.
- ☐ Transfer to a large bowl.
- ☐ In the same processor carafe, pulse the parsley and mint until finely chopped.
- ☐ Add to the jicama along with the tomatoes, cucumbers, onions, 2 tablespoons of the oil, the lemon juice, 2 teaspoons salt and 3/4 teaspoon pepper.
- ☐ Stir together the remaining 2 tablespoons oil with the paprika, 1 teaspoon salt and 1/2 teaspoon pepper and rub all over chicken.
- ☐ Preheat a grill to medium-high heat.
- ☐ Grill the chicken, turning, until grill marks appear, about 4 minutes.
- ☐ Let the chicken rest 5 minutes.
- ☐ Serve, topped with the jicama tabbouleh.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:1.61, Inflammation Score:-10, Nutrition Score:33.449130675067%

Flavonoids

Eriodictyol: 2.56mg, Eriodictyol: 2.56mg, Eriodictyol: 2.56mg, Eriodictyol: 2.56mg Hesperetin: 1.49mg, Hesperetin: 1.49mg, Hesperetin: 1.49mg, Hesperetin: 1.49mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg,

Naringenin: 0.35mg Apigenin: 43.51mg, Apigenin: 43.51mg, Apigenin: 43.51mg, Apigenin: 43.51mg Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 3.03mg, Myricetin: 3.03mg, Myricetin: 3.03mg, Myricetin: 3.03mg Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg

Nutrients (% of daily need)

Calories: 354.24kcal (17.71%), Fat: 14.27g (21.95%), Saturated Fat: 2.36g (14.73%), Carbohydrates: 17.52g (5.84%), Net Carbohydrates: 8.87g (3.22%), Sugar: 4.35g (4.84%), Cholesterol: 108.8mg (36.27%), Sodium: 219.22mg (9.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.54g (77.08%), Vitamin K: 339.73µg (323.55%), Vitamin B3: 18.7mg (93.52%), Vitamin C: 66.25mg (80.3%), Selenium: 55.46µg (79.23%), Vitamin B6: 1.42mg (70.87%), Vitamin A: 2680.81IU (53.62%), Phosphorus: 414.75mg (41.48%), Fiber: 8.65g (34.61%), Potassium: 1123.17mg (32.09%), Vitamin B5: 2.8mg (27.99%), Magnesium: 84.08mg (21.02%), Iron: 3.37mg (18.73%), Vitamin E: 2.81mg (18.7%), Folate: 71.43µg (17.86%), Vitamin B2: 0.27mg (15.78%), Manganese: 0.31mg (15.62%), Vitamin B1: 0.18mg (12.23%), Zinc: 1.62mg (10.83%), Copper: 0.2mg (10.06%), Calcium: 79.88mg (7.99%), Vitamin B12: 0.34µg (5.67%), Vitamin D: 0.17µg (1.13%)