

food  
network

 **90%**  
HEALTH SCORE

## Justin's Chicken Tender Salad

 Very Healthy

READY IN



26 min.

SERVINGS



4

CALORIES



1868 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 avocados diced
- 4 boneless/skinless chicken breasts cut into 1-inch strips
- 12 ounce black beans drained and rinsed canned
- 8 ounce tortilla chips blue
- 3 eggs beaten
- 1 cup flour all-purpose
- 0.3 cup cilantro leaves fresh chopped
- 0.3 cup granulated garlic powder

- 1 cup grapeseed oil
- 2 cups field greens
- 4 ounces jalapeño sliced
- 0.5 cup kosher salt
- 0.3 cup granulated onion powder
- 0.5 cup smokey paprika
- 0.3 cup cracked pepper fresh
- 8 ounce spicy chips (recommended: Doritos)
- 1.5 cups plum tomatoes diced
- 16 ounce peppercorn ranch dressing
- 1 head romaine lettuce chopped
- 3 tablespoons lawry's seasoned salt
- 1.5 cups sharp cheddar shredded

## Equipment

- bowl
- frying pan

## Directions

- With hands crush each bag of chips separately into a shallow dish. In another shallow dish, add 1 cup of flour and in another shallow dish; beat 3 eggs. Dredge chicken strips in flour, then egg and finally into the crushed tortillas. Dredge half the chicken in the spicy chips and the other half into the blue corn chips.
- Transfer to plate.
- Sprinkle with Big Daddy seasoning.
- In a large skillet over medium-high heat, add oil.
- Add chicken strips 1 at a time and pan-fry until golden and cooked through, about 3 minutes on each side.
- Remove from pan onto a plate and reserve.

In a large bowl, toss together lettuce, field greens, beans, plum tomatoes, Cheddar, avocados, jalapenos and fresh cilantro. Top with cooked chicken and peppercorn dressing.

In a large bowl, mix ingredients together.

## Nutrition Facts

**PROTEIN 13.29%** **FAT 55.84%** **CARBS 30.87%**

### Properties

Glycemic Index:107.83, Glycemic Load:31.4, Inflammation Score:-10, Nutrition Score:73.351739696834%

### 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 Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg

### Nutrients (% of daily need)

Calories: 1868.42kcal (93.42%), Fat: 118.86g (182.87%), Saturated Fat: 25.55g (159.71%), Carbohydrates: 147.9g (49.3%), Net Carbohydrates: 117.16g (42.6%), Sugar: 13.83g (15.37%), Cholesterol: 266.94mg (88.98%), Sodium: 21694.89mg (943.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 63.63g (127.27%), Vitamin K: 387.57µg (369.11%), Vitamin A: 16466.13IU (329.32%), Manganese: 3.36mg (167.82%), Folate: 507.47µg (126.87%), Phosphorus: 1252.19mg (125.22%), Fiber: 30.74g (122.96%), Vitamin C: 99.85mg (121.03%), Selenium: 83.27µg (118.96%), Vitamin B6: 2.2mg (110.12%), Vitamin B3: 19.75mg (98.76%), Vitamin E: 12.92mg (86.16%), Potassium: 2889.33mg (82.55%), Vitamin B2: 1.22mg (71.51%), Vitamin B5: 6.71mg (67.1%), Calcium: 651.27mg (65.13%), Magnesium: 259.63mg (64.91%), Vitamin B1: 0.95mg (63.54%), Iron: 11.39mg (63.27%), Copper: 1.05mg (52.46%), Zinc: 6.71mg (44.74%), Vitamin B12: 1.16µg (19.36%), Vitamin D: 1.14µg (7.6%)