



Mexican Chicken and Rice Salad

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



369 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 avocado pitted peeled cut into cubes
- ☐ 15 ounce black beans rinsed drained canned
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 3 cups brown rice cooked
- ☐ 1 chicken breast cooked chopped
- ☐ 2 cups salsa
- ☐ 15.3 ounce regular corn sweet drained canned

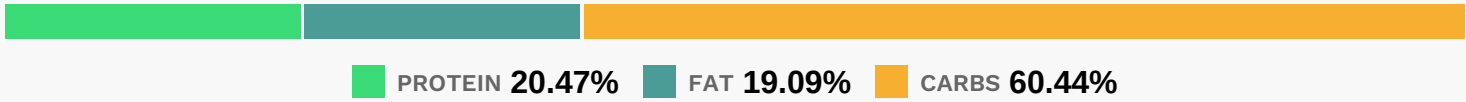
Equipment

bowl

Directions

Mix rice, salsa, corn, beans, chicken, avocado, and cilantro together in a bowl.

Nutrition Facts



Properties

Glycemic Index:29.95, Glycemic Load:18.73, Inflammation Score:-8, Nutrition Score:21.541739383469%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 369.05kcal (18.45%), Fat: 8.21g (12.63%), Saturated Fat: 1.38g (8.61%), Carbohydrates: 58.5g (19.5%), Net Carbohydrates: 46.3g (16.84%), Sugar: 6.8g (7.56%), Cholesterol: 24.37mg (8.12%), Sodium: 866.25mg (37.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.82g (39.63%), Manganese: 1.51mg (75.41%), Fiber: 12.2g (48.79%), Vitamin B3: 8.44mg (42.2%), Vitamin B6: 0.7mg (34.8%), Phosphorus: 317.93mg (31.79%), Magnesium: 117.64mg (29.41%), Potassium: 915.33mg (26.15%), Folate: 95.87µg (23.97%), Vitamin B1: 0.34mg (22.6%), Vitamin B5: 2mg (20.04%), Copper: 0.39mg (19.29%), Iron: 3.05mg (16.92%), Vitamin B2: 0.24mg (14.29%), Vitamin A: 708.26IU (14.17%), Selenium: 9.9µg (14.14%), Zinc: 2.11mg (14.08%), Vitamin C: 11.05mg (13.4%), Vitamin E: 1.91mg (12.73%), Vitamin K: 13.12µg (12.49%), Calcium: 69.75mg (6.98%), Vitamin B12: 0.1µg (1.62%)