



Mexican Chopped Salad with Toasted Cumin Vinaigrette

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



481 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 15 ounce pinto beans drained canned
- ☐ 4 reserved chicken breast halves diced cooked
- ☐ 0.3 cup cider vinegar
- ☐ 2 ears cob corn fresh thawed
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 apples i use 2 granny smith apples diced cored
- ☐ 1 teaspoon ground cumin

- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup olives spanish sliced
- ☐ 1 cup pepper jack cheese shredded
- ☐ 0.3 cup jalapeño peppers sliced
- ☐ 0.5 cup tomatoes diced

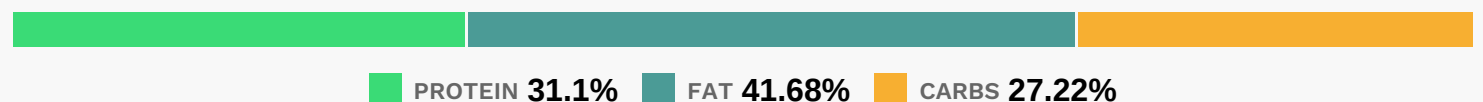
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ stove
- ☐ grill pan

Directions

- ☐ Heat a stove-top grill pan or griddle with cooking spray and set over medium-high heat to preheat.
- ☐ Place corn on hot pan and cook 3 to 5 minutes, until golden brown on all sides, turning frequently.
- ☐ Remove from heat and cool. When cool enough to handle, slice kernels from cob.
- ☐ Transfer kernels to a large bowl and add chicken, beans, cheese, olives, tomatoes, apple, jalapenos, and cilantro. Toss to combine.
- ☐ Heat oil in a large skillet over medium heat.
- ☐ Add cumin and cook 1 minute, or until fragrant.
- ☐ Remove from heat and whisk in vinegar.
- ☐ Add dressing to chicken mixture and toss to coat. Season to taste with salt and freshly ground black pepper.

Nutrition Facts



Properties

Glycemic Index:54.75, Glycemic Load:7.03, Inflammation Score:-7, Nutrition Score:24.083043590836%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 480.78kcal (24.04%), Fat: 22.58g (34.74%), Saturated Fat: 7.65g (47.81%), Carbohydrates: 33.17g (11.06%), Net Carbohydrates: 25.23g (9.17%), Sugar: 9.61g (10.68%), Cholesterol: 97.46mg (32.49%), Sodium: 1000.73mg (43.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.9g (75.8%), Vitamin B3: 13.15mg (65.72%), Selenium: 40.75µg (58.22%), Vitamin B6: 1.05mg (52.33%), Phosphorus: 516.05mg (51.61%), Fiber: 7.94g (31.77%), Calcium: 288.49mg (28.85%), Potassium: 993.18mg (28.38%), Manganese: 0.53mg (26.65%), Magnesium: 98.82mg (24.71%), Vitamin B5: 2.22mg (22.22%), Vitamin E: 2.84mg (18.93%), Iron: 3.17mg (17.61%), Vitamin B2: 0.29mg (16.86%), Zinc: 2.42mg (16.14%), Vitamin B1: 0.23mg (15.11%), Folate: 60.05µg (15.01%), Vitamin A: 745.67IU (14.91%), Copper: 0.3mg (14.9%), Vitamin C: 10.75mg (13.03%), Vitamin K: 11.97µg (11.4%), Vitamin B12: 0.46µg (7.67%), Vitamin D: 0.28µg (1.88%)