



## Minty Peach Chicken Salad



Gluten Free



Dairy Free



Popular

READY IN



50 min.

SERVINGS



4

CALORIES



403 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 avocados pitted cubed peeled
- 2 cups chicken breast cubed cooked
- 1 cucumber seeded chopped
- 0.3 cup mint leaves fresh minced
- 0.1 teaspoon ground pepper black
- 3 dashes hot sauce to taste
- 1 tablespoon juice of lemon
- 3 peaches fresh pitted cubed peeled

- 0.3 teaspoon salt
- 0.3 cup sugar white
- 0.3 cup citrus champagne vinegar

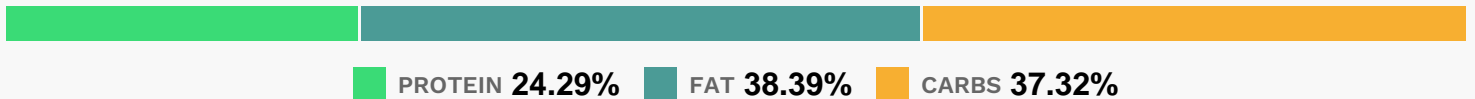
## Equipment

- bowl
- blender
- plastic wrap

## Directions

- Combine peaches, chicken, and cucumber in a large bowl.
- Blend vinegar, mint, sugar, lemon juice, salt, pepper, and hot sauce in a blender until vinaigrette is smooth.
- Drizzle vinaigrette over peach mixture; toss to coat. Cover bowl with plastic wrap and refrigerate until chilled, at least 30 minutes. Fold avocado into salad before serving.

## Nutrition Facts



## Properties

Glycemic Index:49.34, Glycemic Load:16.44, Inflammation Score:-7, Nutrition Score:20.474347859621%

## Flavonoids

Cyanidin: 2.49mg, Cyanidin: 2.49mg, Cyanidin: 2.49mg, Cyanidin: 2.49mg Catechin: 5.53mg, Catechin: 5.53mg, Catechin: 5.53mg, Catechin: 5.53mg Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg Epicatechin: 3mg, Epicatechin: 3mg, Epicatechin: 3mg, Epicatechin: 3mg Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg Eriodictyol: 1.05mg, Eriodictyol: 1.05mg, Eriodictyol: 1.05mg, Eriodictyol: 1.05mg Hesperetin: 0.83mg, Hesperetin: 0.83mg, Hesperetin: 0.83mg, Hesperetin: 0.83mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

## Nutrients (% of daily need)

Calories: 402.51kcal (20.13%), Fat: 17.79g (27.37%), Saturated Fat: 2.89g (18.05%), Carbohydrates: 38.91g (12.97%), Net Carbohydrates: 29.72g (10.81%), Sugar: 27.87g (30.96%), Cholesterol: 59.5mg (19.83%), Sodium: 224.57mg (9.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.32g (50.64%), Vitamin B3: 12.33mg (61.67%), Vitamin B6: 0.75mg (37.52%), Fiber: 9.2g (36.79%), Selenium: 22.27µg (31.81%), Vitamin K: 30.19µg (28.76%), Potassium: 932.87mg (26.65%), Folate: 105.43µg (26.36%), Phosphorus: 256.02mg (25.6%), Vitamin B5: 2.44mg (24.39%), Vitamin C: 19.54mg (23.68%), Vitamin E: 3.12mg (20.8%), Copper: 0.38mg (18.99%), Magnesium: 70.63mg (17.66%), Manganese: 0.33mg (16.37%), Vitamin B2: 0.28mg (16.2%), Vitamin A: 702.34IU (14.05%), Zinc: 1.77mg (11.8%), Iron: 2.06mg (11.43%), Vitamin B1: 0.17mg (11.33%), Calcium: 46.06mg (4.61%), Vitamin B12: 0.24µg (3.97%)