



Quinoa Salad with Chicken, Avocado, and Oranges

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



742 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 avocados ripe cubed peeled
- ☐ 1 teaspoon chili powder
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 3 teaspoons garlic divided minced
- ☐ 1 teaspoon kosher salt divided
- ☐ 0.3 cup juice of lime
- ☐ 1 lime zest

- ☐ 2 teaspoons olive oil
- ☐ 4 large oranges peeled
- ☐ 4 servings bell pepper divided
- ☐ 1.3 cups quinoa
- ☐ 1 pound boned

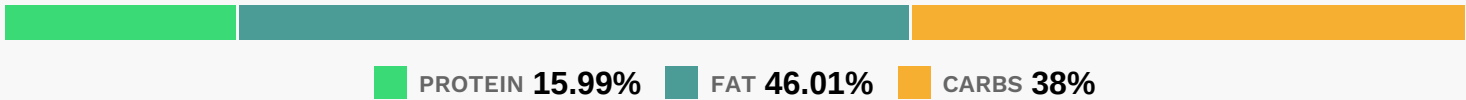
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Cook quinoa according to package directions and fluff with a fork.
- ☐ Transfer to a large bowl and let cool.
- ☐ Preheat broiler with a rack set 4 to 6 in. from heat. In a large bowl, stir together chili powder, 2 tsp. garlic, the lime zest, 2 tsp. oil, and 1/2 tsp. each salt and pepper.
- ☐ Add chicken and toss to coat. Put chicken on a baking sheet and broil, turning once, until browned and cooked through, about 12 minutes total.
- ☐ Let cool slightly, then slice and add to reserved quinoa.
- ☐ Add remaining ingredients to quinoa and chicken; toss to coat.

Nutrition Facts



Properties

Glycemic Index:52.13, Glycemic Load:9.65, Inflammation Score:-10, Nutrition Score:41.990000092465%

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 Eriodictyol: 0.33mg, Eriodictyol:

0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 58.7mg, Hesperetin: 58.7mg, Hesperetin: 58.7mg, Hesperetin: 58.7mg Naringenin: 28.82mg, Naringenin: 28.82mg, Naringenin: 28.82mg, Naringenin: 28.82mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 742.2kcal (37.11%), Fat: 39.42g (60.64%), Saturated Fat: 7.96g (49.75%), Carbohydrates: 73.24g (24.41%), Net Carbohydrates: 56g (20.37%), Sugar: 21.61g (24.01%), Cholesterol: 111.13mg (37.04%), Sodium: 691.54mg (30.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.83g (61.66%), Vitamin C: 213.96mg (259.34%), Manganese: 1.43mg (71.53%), Folate: 276.33µg (69.08%), Fiber: 17.24g (68.96%), Vitamin A: 3288.56IU (65.77%), Vitamin B6: 1.29mg (64.37%), Phosphorus: 530.38mg (53.04%), Magnesium: 186.74mg (46.69%), Vitamin B3: 9.22mg (46.11%), Potassium: 1573.33mg (44.95%), Selenium: 27.64µg (39.49%), Vitamin E: 5.72mg (38.16%), Vitamin B5: 3.74mg (37.39%), Vitamin B1: 0.56mg (37.25%), Vitamin B2: 0.6mg (35.43%), Copper: 0.69mg (34.47%), Vitamin K: 35.3µg (33.62%), Zinc: 4.11mg (27.41%), Iron: 4.54mg (25.19%), Calcium: 140mg (14%), Vitamin B12: 0.73µg (12.1%)