






 **68%**  
HEALTH SCORE

# Rick Bayless' Mexican Chicken Salad With Guacamole And Fresh Romaine

 **Gluten Free**  **Very Healthy**

READY IN  
  
**75 min.**

SERVINGS  
  
**4**

CALORIES  
  
**340 kcal**

**ANTIPASTI** **STARTER** **SNACK** **APPETIZER**

## Ingredients

- 4 servings avocado ripe
- 4 servings pepper black freshly ground
- 1 halves chicken breast
- 4 servings cilantro leaves
- 4 servings garlic
- 2 to 2 chilies slit fresh green hot stemmed quartered to taste
- 4 servings juice of lime fresh

- 4 servings olive oil
- 4 servings queso añejo grated
- 4 servings baby greens
- 4 servings salt
- 4 servings onion white

## Equipment

- bowl
- frying pan
- blender
- potato masher
- grill
- grill pan

## Directions

- Heat the oil in a small skillet over medium heat.
- Add the garlic and chiles, and cook until the garlic is soft and lightly browned, 2 to 3 minutes. Cool. In a blender, purée the lime juice, cilantro, and 1 teaspoon salt and 1/2 teaspoon black pepper, and the garlic and chile oil. Marinate the chicken with 1/3 of the mixture for up to 1 hour.
- Heat a grill pan or gas grill over medium to medium-high (or start a charcoal fire and let it burn until the coals are medium hot and covered with white ash). Lightly brush the onion slices with oil and season with salt. Grill the onion and the chicken until the chicken is cooked through and the onion is well-browned, 5 to 6 minutes per side. Chop the grilled onion into small pieces and put it into a bowl. Pit and peel the avocados, scooping the flesh in with the onion.
- Add another third of the garlic marinade and coarsely mash everything together with a potato masher, large fork or the back of a spoon. Taste and season with salt, usually about 1/2 teaspoon. Put sliced romaine into a large bowl, dress with the remaining third of the marinade and toss to combine. To serve, divide between four dinner plates. Put a portion of the guacamole into the center of each plate.
- Cut each breast into cubes and arrange over the guacamole.

- Sprinkle with queso añejo (or its substitute) and drizzle with more dressing.**MORE ON PANNA:** Panna is the first-ever video cooking magazine for the iPad and iPhone. Launched in late 2012, Panna combines original, high-definition video content of master chefs (Rick Bayless, Nancy Silverton, Jonathan Waxman, Seamus Mullen, Sean Brock, the Canal House, Anita Lo, Michael Tusk to name a few) making their favorite dishes in their home kitchens. Panna launched last year to great success, with over half a million downloads and counting, and was recognized as one of the Best Apps of 2012 by Apple. Download it now. Try out these Mexican recipes on Food Republic:[Tuna Tartare](#) [Guacamole Recipe](#)
- [Mole Poblano Recipe](#)
- [Enchiladas Suizas Recipe With Chicken](#)

## Nutrition Facts



### Properties

Glycemic Index:40.25, Glycemic Load:2.16, Inflammation Score:-10, Nutrition Score:22.765217667446%

### 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: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 13.01mg, Quercetin: 13.01mg, Quercetin: 13.01mg, Quercetin: 13.01mg

### Nutrients (% of daily need)

Calories: 339.82kcal (16.99%), Fat: 29.27g (45.03%), Saturated Fat: 4.28g (26.76%), Carbohydrates: 21.12g (7.04%), Net Carbohydrates: 11.02g (4.01%), Sugar: 5.14g (5.71%), Cholesterol: 1.23mg (0.41%), Sodium: 285.43mg (12.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.12g (8.25%), Vitamin A: 6448.08IU (128.96%), Vitamin K: 104.15µg (99.19%), Folate: 192.55µg (48.14%), Fiber: 10.1g (40.4%), Vitamin C: 29.62mg (35.9%), Vitamin E: 4.26mg (28.42%), Potassium: 793.22mg (22.66%), Vitamin B6: 0.43mg (21.36%), Manganese: 0.39mg (19.69%), Vitamin B5: 1.62mg (16.19%), Copper: 0.26mg (13.24%), Magnesium: 48mg (12%), Vitamin B2: 0.2mg (11.85%), Vitamin B3: 2.12mg (10.61%), Vitamin B1: 0.16mg (10.53%), Phosphorus: 99.07mg (9.91%), Iron: 1.53mg (8.52%), Calcium: 64.17mg (6.42%), Zinc: 0.96mg (6.41%), Selenium: 1.51µg (2.15%)