



Roasted Chicken, Avocado, and Grapefruit Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



276 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 avocado peeled cut into 8 wedges
- 8 cups baby spinach fresh
- 1.5 teaspoons dijon mustard
- 2 tablespoons yogurt plain fat-free
- 2 tablespoons cilantro leaves fresh chopped
- 24 ounce grapefruit sections unsweetened red undrained
- 1 tablespoon honey

- 3 cups roasted shredded boneless skinless
- 0.1 teaspoon salt

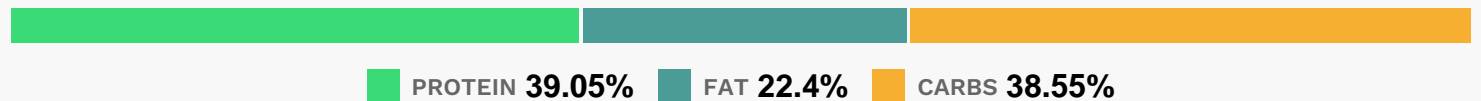
Equipment

- bowl
- whisk
- colander

Directions

- Drain grapefruit in a colander over a bowl, reserving 1/2 cup juice.
- Combine reserved 1/2 cup juice, cilantro, and next 4 ingredients (cilantro through salt), stirring with a whisk.
- Arrange 2 cups spinach on each of 4 plates. Top each serving with 1/2 cup grapefruit sections, 3/4 cup chicken, and 2 avocado wedges.
- Drizzle 2 tablespoons dressing over each serving.

Nutrition Facts



Properties

Glycemic Index:53.32, Glycemic Load:6.59, Inflammation Score:-10, Nutrition Score:33.809565191684%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 55.52mg, Naringenin: 55.52mg, Naringenin: 55.52mg, Naringenin: 55.52mg Luteolin: 1.46mg, Luteolin: 1.46mg, Luteolin: 1.46mg, Luteolin: 1.46mg Kaempferol: 3.85mg, Kaempferol: 3.85mg, Kaempferol: 3.85mg, Kaempferol: 3.85mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

Nutrients (% of daily need)

Calories: 276.44kcal (13.82%), Fat: 7.16g (11.02%), Saturated Fat: 1.26g (7.89%), Carbohydrates: 27.72g (9.24%), Net Carbohydrates: 21.9g (7.96%), Sugar: 17.24g (19.16%), Cholesterol: 72.2mg (24.07%), Sodium: 280.96mg (12.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.08g (56.17%), Vitamin K: 295.97µg (281.88%), Vitamin A: 7668.28IU (153.37%), Vitamin C: 73.97mg (89.66%), Vitamin B3: 12.98mg (64.92%), Vitamin B6: 1.12mg (56.12%), Selenium: 37.91µg (54.16%), Folate: 164.92µg (41.23%), Phosphorus: 327.36mg (32.74%), Potassium: 1134.64mg (32.42%), Manganese: 0.64mg (32.09%), Magnesium: 102.2mg (25.55%), Vitamin B5: 2.51mg (25.11%), Fiber: 5.82g (23.29%), Vitamin B2: 0.34mg (19.9%), Vitamin E: 2.18mg (14.56%), Vitamin B1: 0.22mg (14.48%), Iron: 2.38mg (13.23%), Calcium: 127.04mg (12.7%), Copper: 0.22mg (10.79%), Zinc: 1.37mg (9.15%), Vitamin B12: 0.29µg (4.77%)