



Roasted Potato Chicken Salad with Salsa Verde

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 oz the salad mixed (4 cups)
- 15 oz black beans rinsed drained canned
- 1 tablespoon juice of lime fresh
- 19 oz potatoes frozen with garlic & herb sauce
- 0.3 cup pumpkin seeds toasted (pepitos)
- 2 cups rotisserie chicken cut shredded
- 0.3 cup salsa verde

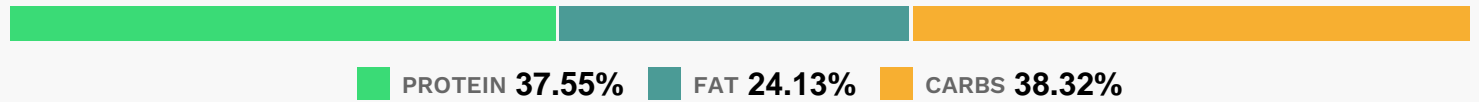
Equipment

bowl

Directions

- Cook frozen potatoes as directed on bag.
- Pour into large bowl; stir in beans, chicken, salsa verde and lime juice.
- Arrange salad greens on large platter.
- Spoon potato mixture over greens; sprinkle with pumpkin seeds.
- Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:15.63, Glycemic Load:11.49, Inflammation Score:-6, Nutrition Score:10.915652341169%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 303.94kcal (15.2%), Fat: 8.25g (12.69%), Saturated Fat: 2.02g (12.63%), Carbohydrates: 29.48g (9.83%), Net Carbohydrates: 22.44g (8.16%), Sugar: 1.58g (1.75%), Cholesterol: 75.71mg (25.24%), Sodium: 647.85mg (28.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.89g (57.77%), Vitamin C: 26.36mg (31.95%), Fiber: 7.04g (28.14%), Manganese: 0.46mg (22.94%), Potassium: 686.86mg (19.62%), Folate: 68.13µg (17.03%), Phosphorus: 170.16mg (17.02%), Vitamin B6: 0.33mg (16.37%), Magnesium: 64.04mg (16.01%), Copper: 0.28mg (14.07%), Iron: 2.43mg (13.52%), Vitamin B1: 0.19mg (12.4%), Vitamin B3: 1.65mg (8.26%), Vitamin B2: 0.13mg (7.65%), Vitamin A: 353.15IU (7.06%), Zinc: 0.9mg (6.02%), Vitamin B5: 0.45mg (4.48%), Calcium: 40.23mg (4.02%), Selenium: 1.54µg (2.2%), Vitamin K: 1.92µg (1.82%)