



Roasted Red Pepper Chicken and Avocado Salad

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



49 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 medium avocado pitted ripe peeled sliced
- 0.5 cup croutons
- 1 small cucumber sliced
- 1 tsp juice of lemon
- 0.5 cup roasted pepper dressing red italian kraft
- 10 oz torn romaine lettuce (10 cups)
- 2 cups meat from a rotisserie chicken shredded cooked

1 medium tomatoes cut into wedges

0.3 walla walla onion chopped

Equipment

bowl

Directions

Toss avocados with lemon juice in large salad bowl.

Add lettuce, chicken, tomatoes, cucumbers and onions; mix lightly.

Add dressing; toss to coat.

Sprinkle with croutons.

Serve immediately.

Nutrition Facts



PROTEIN 32.8% **FAT 45.35%** **CARBS 21.85%**

Properties

Glycemic Index:8.25, Glycemic Load:0.52, Inflammation Score:-7, Nutrition Score:4.9886956603631%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 48.99kcal (2.45%), Fat: 2.54g (3.9%), Saturated Fat: 0.49g (3.05%), Carbohydrates: 2.75g (0.92%), Net Carbohydrates: 1.53g (0.56%), Sugar: 0.72g (0.8%), Cholesterol: 10.5mg (3.5%), Sodium: 66.29mg (2.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.13g (8.26%), Vitamin A: 1330.21IU (26.6%), Vitamin K: 17.71µg (16.86%), Folate: 32.7µg (8.17%), Vitamin B3: 1.43mg (7.14%), Vitamin B6: 0.11mg (5.73%), Vitamin C: 4.59mg (5.56%), Selenium: 3.86µg (5.52%), Fiber: 1.22g (4.87%), Potassium: 152.35mg (4.35%), Phosphorus: 42.19mg (4.22%),

Vitamin B5: 0.33mg (3.29%), Manganese: 0.06mg (3.2%), Vitamin B2: 0.05mg (2.96%), Magnesium: 10.47mg (2.62%), Iron: 0.47mg (2.59%), Copper: 0.05mg (2.56%), Vitamin B1: 0.04mg (2.51%), Zinc: 0.35mg (2.35%), Vitamin E: 0.26mg (1.75%), Calcium: 12.13mg (1.21%)