



Sara's Grilled Chicken-Cornbread Salad

 Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



701 kcal

SIDE DISH

Ingredients

- ☐ 4 slices applewood-smoked bacon
- ☐ 1 cup shell beans fresh cooked
- ☐ 8 servings smoky chicken thighs
- ☐ 8 servings garnish: chives fresh chopped
- ☐ 6 ounce just-add-water cornbread mix
- ☐ 2 tablespoons basil fresh finely sliced
- ☐ 1 cup corn kernels fresh cooked (2 ears)
- ☐ 0.3 teaspoon coarsely ground pepper black

- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1.3 cups mayonnaise
- ☐ 0.5 cup bell pepper diced red
- ☐ 8 large tomatoes
- ☐ 0.3 cup vidalia sweet minced

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Cut bacon into 1/4-inch pieces; cook in a 6 1/2-inch cast-iron skillet until crisp.
- ☐ Remove bacon, and drain on paper towels, reserving 1 tablespoon drippings in skillet. Prepare cornbread batter according to package directions; pour batter into hot drippings in skillet.
- ☐ Bake at 425 for 20 to 25 minutes or until golden brown; cool completely in skillet on a wire rack. Break or cut cornbread into small (about 1-inch) pieces; place on a baking sheet.
- ☐ Bake cornbread pieces at 425 for 5 minutes or until lightly toasted.
- ☐ Remove skin and bones from Smoky Chicken Thighs; cut meat into bite-size pieces.
- ☐ Whisk together mayonnaise and next 4 ingredients in a large bowl. Gently fold chopped chicken, cornbread, bacon, lima beans, corn, and red bell pepper into mayonnaise mixture.
- ☐ Cut a 1/4-inch slice from tops of tomatoes; scoop out and discard pulp, leaving a 1/2-inch-thick shell. Spoon about 2/3 cup chicken mixture into each tomato.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:37.31, Glycemic Load:3.12, Inflammation Score:-9, Nutrition Score:24.853043276331%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 1.29mg, Naringenin: 1.29mg, Naringenin: 1.29mg, Naringenin: 1.29mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 701.01kcal (35.05%), Fat: 52.66g (81.02%), Saturated Fat: 11.42g (71.35%), Carbohydrates: 32.07g (10.69%), Net Carbohydrates: 26.2g (9.53%), Sugar: 11.88g (13.2%), Cholesterol: 133.13mg (44.38%), Sodium: 568.95mg (24.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.79g (51.58%), Vitamin K: 80.17µg (76.35%), Vitamin C: 40.47mg (49.05%), Vitamin A: 2051.46IU (41.03%), Vitamin B3: 8.01mg (40.07%), Phosphorus: 396.63mg (39.66%), Selenium: 26.56µg (37.94%), Vitamin B6: 0.68mg (34.24%), Potassium: 918.84mg (26.25%), Manganese: 0.48mg (23.96%), Fiber: 5.87g (23.5%), Vitamin B1: 0.35mg (23.37%), Folate: 86.92µg (21.73%), Vitamin B5: 1.81mg (18.07%), Vitamin E: 2.66mg (17.77%), Vitamin B2: 0.29mg (17.13%), Magnesium: 67.71mg (16.93%), Zinc: 2.37mg (15.83%), Iron: 2.65mg (14.71%), Vitamin B12: 0.84µg (13.99%), Copper: 0.27mg (13.43%), Calcium: 51.03mg (5.1%), Vitamin D: 0.23µg (1.51%)