



Sausalito Chicken and Seafood Salad

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 cups the salad assorted
- 1 cup roasted chicken diced cooked
- 1 large avocado pitted peeled sliced
- 8 oz imitation crab refrigerated
- 4 oz chiles whole green drained sliced lengthwise canned
- 0.8 cup guacamole frozen thawed () (from 12-oz container)
- 0.5 cup cream sour
- 1 cup tomatoes chopped

1 serving lemon wedges

Equipment

bowl

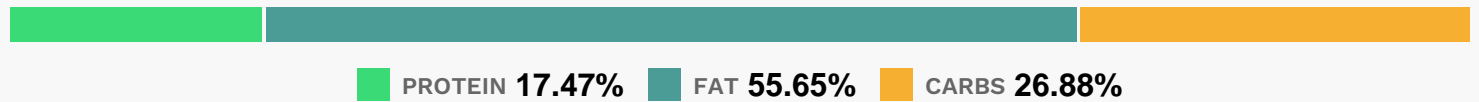
Directions

Among 4 plates, divide salad greens. Top with chicken, avocado, crabmeat and chiles.

In small bowl, mix guacamole and sour cream; spoon over salad. Top with tomato.

Garnish with lime wedges.

Nutrition Facts



Properties

Glycemic Index:35.88, Glycemic Load:1.1, Inflammation Score:-8, Nutrition Score:17.212608762409%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 349.24kcal (17.46%), Fat: 22.37g (34.41%), Saturated Fat: 5.63g (35.19%), Carbohydrates: 24.3g (8.1%), Net Carbohydrates: 16.24g (5.9%), Sugar: 4.48g (4.98%), Cholesterol: 49.45mg (16.48%), Sodium: 490.63mg (21.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.8g (31.6%), Vitamin C: 38.82mg (47.06%), Fiber: 8.07g (32.27%), Folate: 125.27µg (31.32%), Vitamin A: 1362.93IU (27.26%), Vitamin B3: 5.2mg (26.02%), Vitamin B6: 0.52mg (25.85%), Potassium: 811.01mg (23.17%), Vitamin K: 23.77µg (22.64%), Vitamin B5: 1.92mg (19.15%), Phosphorus: 175.05mg (17.51%), Vitamin B2: 0.27mg (15.98%), Vitamin E: 2.32mg (15.48%), Selenium: 10.39µg (14.84%), Manganese: 0.28mg (13.89%), Copper: 0.26mg (13.09%), Magnesium: 50.24mg (12.56%), Iron: 1.83mg (10.19%), Zinc: 1.46mg (9.76%), Vitamin B1: 0.13mg (8.48%), Calcium: 66.69mg (6.67%), Vitamin B12: 0.16µg (2.7%)