



Sausalito Chicken and Seafood Salad

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

1 cup tomatoes chopped

Equipment

bowl

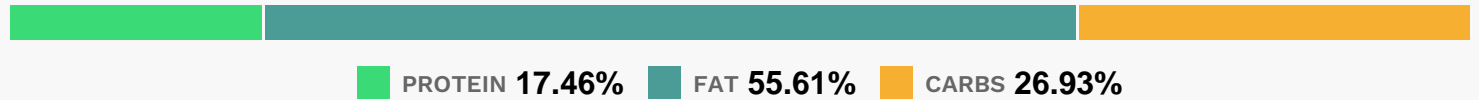
Directions

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:1.11, Inflammation Score:-8, Nutrition Score:17.247391317202%

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: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg 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: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 349.46kcal (17.47%), Fat: 22.37g (34.42%), Saturated Fat: 5.63g (35.19%), Carbohydrates: 24.37g (8.12%), Net Carbohydrates: 16.29g (5.92%), Sugar: 4.5g (5%), Cholesterol: 49.45mg (16.48%), Sodium: 490.64mg (21.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.81g (31.62%), Vitamin C: 39.22mg (47.54%), Fiber: 8.09g (32.35%), Folate: 125.35µg (31.34%), Vitamin A: 1363.1IU (27.26%), Vitamin B3: 5.21mg (26.03%), Vitamin B6: 0.52mg (25.88%), Potassium: 812.04mg (23.2%), Vitamin K: 23.77µg (22.64%), Vitamin B5: 1.92mg (19.17%), Phosphorus: 175.17mg (17.52%), Vitamin B2: 0.27mg (15.99%), Vitamin E: 2.32mg (15.48%), Selenium: 10.39µg (14.84%), Manganese: 0.28mg (13.9%), Copper: 0.26mg (13.1%), Magnesium: 50.3mg (12.58%), Iron: 1.84mg (10.22%), Zinc: 1.46mg (9.76%), Vitamin B1: 0.13mg (8.5%), Calcium: 66.88mg (6.69%), Vitamin B12: 0.16µg (2.7%)