



Smoked Chicken Summer Salad

READY IN



80 min.

SERVINGS



6

CALORIES



338 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cucumber english thinly sliced into half moons
- ☐ 1 cup cilantro leaves fresh loosely packed
- ☐ 0.5 cup corn kernels fresh (1 ear)
- ☐ 1 jalapeno halved seeded thinly sliced
- ☐ 6 servings onion vinaigrette sweet
- ☐ 0.5 pound barbecued pork without sauce smoked shredded
- ☐ 0.3 cup queso fresco fresh crumbled (Mexican cheese)
- ☐ 1 cup radishes thinly sliced (8 large radishes)
- ☐ 6 servings bun croutons toasted

☐ 4 oz watercress

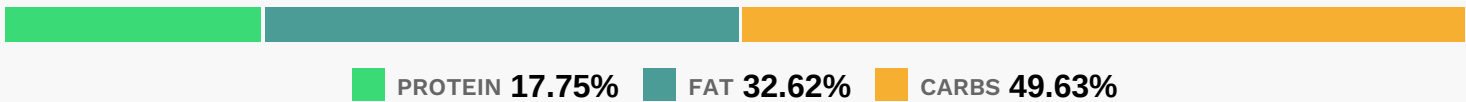
Equipment

☐ bowl

Directions

- ☐ Prepare Sweet Onion Vinaigrette and Toasted Bun Croutons.
- ☐ Toss together watercress, next 5 ingredients, and 1/4 cup vinaigrette in a large bowl. Arrange mixture on a serving platter.
- ☐ Sprinkle with queso fresco, and top with jalapeo pepper slices and croutons.
- ☐ Serve salad with remaining vinaigrette.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:24.29, Inflammation Score:-7, Nutrition Score:14.637826067598%

Flavonoids

Pelargonidin: 12.21mg, Pelargonidin: 12.21mg, Pelargonidin: 12.21mg, Pelargonidin: 12.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 4.91mg, Kaempferol: 4.91mg, Kaempferol: 4.91mg, Kaempferol: 4.91mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 18.37mg, Quercetin: 18.37mg, Quercetin: 18.37mg, Quercetin: 18.37mg

Nutrients (% of daily need)

Calories: 337.53kcal (16.88%), Fat: 12.29g (18.91%), Saturated Fat: 4.12g (25.74%), Carbohydrates: 42.08g (14.03%), Net Carbohydrates: 39.17g (14.24%), Sugar: 8.43g (9.37%), Cholesterol: 33.13mg (11.04%), Sodium: 372.55mg (16.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.05g (30.09%), Iron: 11.42mg (63.47%), Vitamin K: 60.71µg (57.82%), Vitamin C: 20.33mg (24.64%), Vitamin B1: 0.35mg (23.4%), Vitamin A: 903.14IU (18.06%), Selenium: 10.97µg (15.68%), Vitamin B6: 0.29mg (14.38%), Phosphorus: 143.2mg (14.32%), Fiber: 2.91g (11.64%), Potassium: 390.54mg (11.16%), Vitamin B3: 2.1mg (10.48%), Vitamin B2: 0.17mg (10.27%), Calcium: 99.16mg (9.92%), Manganese: 0.19mg (9.43%), Zinc: 1.31mg (8.73%), Magnesium: 28.9mg (7.23%), Folate: 28.79µg (7.2%), Vitamin B5: 0.6mg (6%), Vitamin B12: 0.34µg (5.69%), Copper: 0.09mg (4.4%), Vitamin E: 0.38mg (2.54%)