



## South-of-the-Border Chicken and Avocado

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



183 kcal

SIDE DISH

### Ingredients

- 1 avocado diced
- 2 chicken breasts shredded cooked
- 2 tablespoons cilantro leaves fresh chopped
- 0.5 cup salsa
- 4 servings tortilla chips



### Equipment

- bowl

## Directions

In a bowl, combine the chicken, avocado, salsa, and cilantro. Wrap in flour tortillas or serve with tortilla chips.

## Nutrition Facts

 **PROTEIN 8.54%**  **FAT 46.7%**  **CARBS 44.76%**

## Properties

Glycemic Index:26.5, Glycemic Load:5.05, Inflammation Score:-4, Nutrition Score:8.8191303385665%

## Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 182.51kcal (9.13%), Fat: 9.88g (15.2%), Saturated Fat: 1.96g (12.26%), Carbohydrates: 21.3g (7.1%), Net Carbohydrates: 16.3g (5.93%), Sugar: 2.68g (2.98%), Cholesterol: 0.38mg (0.13%), Sodium: 437.98mg (19.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.06g (8.12%), Fiber: 5.01g (20.03%), Folate: 70.35µg (17.59%), Vitamin K: 14.7µg (14%), Vitamin B1: 0.2mg (13.09%), Vitamin B3: 2.61mg (13.03%), Manganese: 0.26mg (12.86%), Potassium: 367.25mg (10.49%), Selenium: 7.31µg (10.44%), Vitamin B6: 0.21mg (10.32%), Phosphorus: 99.39mg (9.94%), Vitamin E: 1.44mg (9.61%), Vitamin B2: 0.16mg (9.49%), Iron: 1.51mg (8.4%), Vitamin B5: 0.82mg (8.19%), Copper: 0.15mg (7.43%), Vitamin C: 5.7mg (6.9%), Magnesium: 26.2mg (6.55%), Calcium: 59.12mg (5.91%), Vitamin A: 243.07IU (4.86%), Zinc: 0.55mg (3.69%)