



Southwestern Chicken Cobb Salad

 Gluten Free

READY IN



35 min.

SERVINGS



12

CALORIES



414 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup buttermilk
- 0.8 cup mayonnaise
- 0.3 cup chives fresh chopped
- 0.3 teaspoon pepper
- 8 oz cheddar cheese shredded
- 4 medium tomatoes diced
- 27 oz chicken tenderloins frozen thawed southwestern-flavored
- 1 lb corn frozen cooled cooked drained

- 3 cups jicama (2x) (1 medium)
- 4 avocado ripe
- 0.3 cup juice of lime

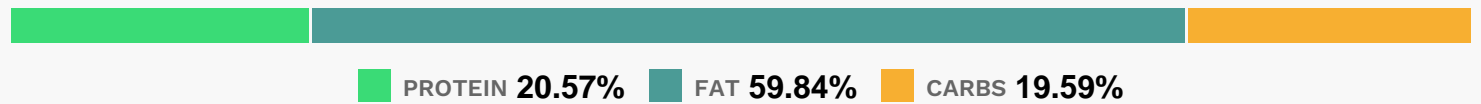
Equipment

- bowl
- whisk

Directions

- In small bowl, beat all dressing ingredients with wire whisk until blended. Cover; refrigerate while preparing salad.
- On 1 large platter or 2 medium platters, arrange cheese, tomatoes, chicken strips, corn and jicama in rows, leaving room at end for row of avocados.
- Just before serving, remove pits from avocados, peel and chop. In small bowl, mix avocados and lime juice; toss to coat. Arrange avocados on platter.
- Serve dressing on the side.

Nutrition Facts



Properties

Glycemic Index:20.92, Glycemic Load:1.46, Inflammation Score:-7, Nutrition Score:20.332173762114%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 413.65kcal (20.68%), Fat: 28.44g (43.75%), Saturated Fat: 7.09g (44.29%), Carbohydrates: 20.95g (6.98%), Net Carbohydrates: 13.26g (4.82%), Sugar: 3.5g (3.89%), Cholesterol: 66.86mg (22.29%), Sodium: 308.69mg (13.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22g (43.99%), Vitamin B3: 8.82mg (44.09%), Vitamin K: 43.35µg (41.29%), Vitamin B6: 0.79mg (39.37%), Selenium: 25.12µg (35.89%), Phosphorus: 321.5mg (32.15%), Fiber: 7.69g (30.76%), Vitamin C: 24.53mg (29.73%), Potassium: 873.62mg (24.96%), Folate: 87.83µg (21.96%), Vitamin B5: 2.19mg (21.88%), Vitamin B2: 0.3mg (17.68%), Calcium: 171.32mg (17.13%), Vitamin E: 2.41mg (16.09%), Magnesium: 64.33mg (16.08%), Vitamin A: 684.59IU (13.69%), Zinc: 1.86mg (12.41%), Manganese: 0.25mg (12.35%), Copper: 0.22mg (10.98%), Vitamin B1: 0.16mg (10.91%), Vitamin B12: 0.47µg (7.81%), Iron: 1.34mg (7.45%), Vitamin D: 0.45µg (2.98%)