



Southwestern Chicken Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



205 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 1 teaspoon peppercorns whole black
- ☐ 0.8 teaspoon thyme leaves dried divided
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1.5 cups regular corn fresh cooked
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 0.3 teaspoon coarsely ground pepper black
- ☐ 1 jalapeno minced seeded

- ☐ 1 optional: lemon thinly sliced
- ☐ 0.3 cup mayonnaise light
- ☐ 0.8 cup orange bell pepper diced
- ☐ 0.8 teaspoon paprika
- ☐ 0.5 teaspoon salt
- ☐ 2 chicken breast halves boneless skinless
- ☐ 0.3 cup cup heavy whipping cream sour

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Fill a large skillet with 1 inch (2.5 cm) of water.
- ☐ Add lemon slices, bay leaf, peppercorns and 2/3 of the thyme, and bring to boiling over high heat.
- ☐ Add chicken, reduce heat to low and simmer for 15–18 minutes, turning chicken once, until juices run clear and chicken is no longer pink.
- ☐ Remove chicken from liquid and set aside to cool.
- ☐ In a small skillet, stir together the paprika and remaining thyme over medium–low heat for 2 minutes. In a small bowl, whisk together the toasted paprika mixture, mayonnaise, sour cream, salt, ground pepper and nutmeg until evenly blended.
- ☐ Cube cooled chicken and transfer to a medium bowl.
- ☐ Add prepared dressing, corn, cilantro, orange pepper and jalapeno and toss until evenly coated.
- ☐ Serve warm, or refrigerate until ready to serve.

Nutrition Facts



 PROTEIN **27.59%**  FAT **39.04%**  CARBS **33.37%**

Properties

Glycemic Index:67.63, Glycemic Load:1.02, Inflammation Score:-8, Nutrition Score:15.773043471834%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 205.27kcal (10.26%), Fat: 9.44g (14.52%), Saturated Fat: 2.67g (16.69%), Carbohydrates: 18.15g (6.05%), Net Carbohydrates: 15.08g (5.49%), Sugar: 6.62g (7.36%), Cholesterol: 47.63mg (15.88%), Sodium: 525.68mg (22.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.01g (30.01%), Vitamin C: 58.89mg (71.38%), Vitamin B3: 7.28mg (36.4%), Vitamin B6: 0.61mg (30.55%), Selenium: 19.67µg (28.1%), Vitamin A: 1353.28IU (27.07%), Phosphorus: 197.01mg (19.7%), Vitamin K: 18.67µg (17.78%), Manganese: 0.33mg (16.26%), Potassium: 512.32mg (14.64%), Vitamin B5: 1.43mg (14.33%), Fiber: 3.06g (12.25%), Magnesium: 46.04mg (11.51%), Folate: 44.6µg (11.15%), Vitamin B1: 0.16mg (10.4%), Vitamin E: 1.36mg (9.05%), Vitamin B2: 0.15mg (8.83%), Iron: 1.27mg (7.04%), Zinc: 0.78mg (5.17%), Copper: 0.09mg (4.46%), Calcium: 39.41mg (3.94%), Vitamin B12: 0.14µg (2.39%)