



Southwestern Grilled Chicken Jalapeno Popper Salad



Gluten Free



Very Healthy



Popular

READY IN



25 min.

SERVINGS



4

CALORIES



555 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 large avocado diced
- ☐ 1 cup black beans rinsed drained
- ☐ 4 small chicken breasts
- ☐ 4 strips bacon crumbled cooked
- ☐ 1 cup regular corn (- 2 ears)
- ☐ 0.3 cup jalapeno popper dressing
- ☐ 4 servings jalapeño peppers fresh sliced to taste

- ☐ 0.3 cup onion green red sliced
- ☐ 6 cups the of 1 cos lettuce shredded
- ☐ 4 servings salt and pepper to taste
- ☐ 0.3 cup cheddar cheese shredded
- ☐ 1 cup tomatoes diced
- ☐ 0.3 cup tortilla chips crumbled

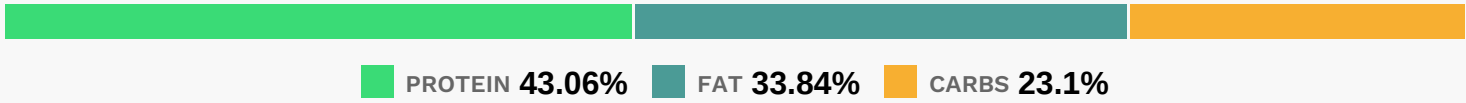
Equipment

- ☐ grill

Directions

- ☐ Season the chicken with salt and pepper and grill over medium-high heat until cooked, about 4-6 minutes per side, set aside, let cool and slice.Assemble salad and enjoy!

Nutrition Facts



Properties

Glycemic Index:63.63, Glycemic Load:6.86, Inflammation Score:-10, Nutrition Score:43.911304183628%

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 Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 554.53kcal (27.73%), Fat: 21.08g (32.42%), Saturated Fat: 5.05g (31.57%), Carbohydrates: 32.38g (10.79%), Net Carbohydrates: 21.69g (7.89%), Sugar: 4.38g (4.86%), Cholesterol: 159.62mg (53.21%), Sodium: 689.83mg (29.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 60.35g (120.69%), Vitamin A: 6909.73IU (138.19%), Vitamin B3: 26.77mg (133.83%), Selenium: 79.83µg (114.04%), Vitamin B6: 2.08mg (103.84%), Vitamin K: 102.14µg (97.28%), Phosphorus: 704.18mg (70.42%), Folate: 232.14µg (58.03%), Potassium: 1670.52mg (47.73%),

Vitamin B5: 4.69mg (46.91%), Fiber: 10.69g (42.77%), Magnesium: 140.08mg (35.02%), Vitamin C: 25.72mg (31.18%), Vitamin B1: 0.45mg (29.77%), Vitamin B2: 0.46mg (26.88%), Manganese: 0.53mg (26.59%), Zinc: 3.22mg (21.45%), Iron: 3.3mg (18.32%), Copper: 0.35mg (17.41%), Vitamin E: 2.38mg (15.87%), Calcium: 121.04mg (12.1%), Vitamin B12: 0.61µg (10.23%), Vitamin D: 0.3µg (2%)