



HEALTH SCORE

78%

Spicy chicken, mango & jalapeño salad



Gluten Free



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



539 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



250 g cherry tomatoes sliced quartered



2 tbsp jalapeno finely chopped



1 small handful cilantro leaves roughly chopped



1 juice of lime



1 small onion red finely chopped



1 tbsp olive oil extra virgin extra-virgin



4 chicken breast strips/pre-cooked/chopped cooked



2 little gem lettuces

- ☐ 1 bell pepper red deseeded sliced
- ☐ 1 mangos diced ripe peeled
- ☐ 1 handful tortilla chips

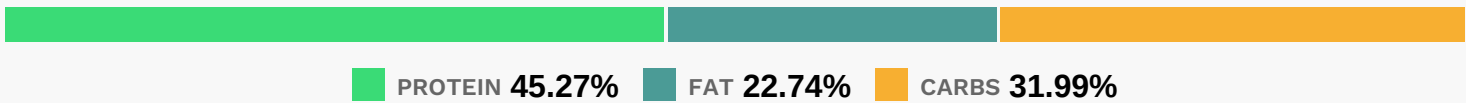
Equipment

- ☐ bowl

Directions

- ☐ Put the cherry tomatoes, jalapeos, coriander, lime juice, onion and oil in a large bowl with some seasoning.
- ☐ Pop the remaining ingredients, except the tortilla chips, on top of the dressing. Gently mix the salad together to coat.
- ☐ Sprinkle the tortilla chips over the top and serve immediately with lime halves.

Nutrition Facts



Properties

Glycemic Index:51.69, Glycemic Load:8.7, Inflammation Score:-10, Nutrition Score:45.821304544159%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.04mg, Quercetin: 7.04mg, Quercetin: 7.04mg, Quercetin: 7.04mg

Nutrients (% of daily need)

Calories: 538.54kcal (26.93%), Fat: 14.06g (21.62%), Saturated Fat: 2.97g (18.54%), Carbohydrates: 44.51g (14.84%), Net Carbohydrates: 34.88g (12.68%), Sugar: 24.08g (26.76%), Cholesterol: 146.2mg (48.73%), Sodium: 196.35mg

(8.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 62.97g (125.93%), Vitamin C: 180.92mg (219.3%), Vitamin B3: 27.58mg (137.92%), Vitamin B6: 2.56mg (127.95%), Selenium: 50.07µg (71.53%), Phosphorus: 683.71mg (68.37%), Potassium: 2309.45mg (65.98%), Vitamin B2: 1.08mg (63.81%), Vitamin A: 3119.21IU (62.38%), Manganese: 1.2mg (60.03%), Folate: 225.57µg (56.39%), Magnesium: 177.37mg (44.34%), Fiber: 9.63g (38.53%), Vitamin B1: 0.48mg (32.25%), Vitamin K: 32.65µg (31.09%), Vitamin B5: 3.06mg (30.57%), Iron: 4.75mg (26.37%), Copper: 0.51mg (25.75%), Zinc: 3.84mg (25.59%), Vitamin E: 3.76mg (25.05%), Calcium: 149.64mg (14.96%), Vitamin B12: 0.58µg (9.75%), Vitamin D: 0.17µg (1.15%)