



Spicy Southwest Chicken Salad

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



4

CALORIES



428 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 medium avocado cut into bite-size pieces
- 15 ounce black beans rinsed drained canned
- 0.3 teaspoon chipotle chili powder
- 0.5 cup wish-bone® dressing italian divided
- 1 medium mangos cut into bite-size pieces
- 1 small onion cut into 1/2-inch-thick slices
- 8 cups spring salad mix
- 1 pound chicken breast halves boneless skinless

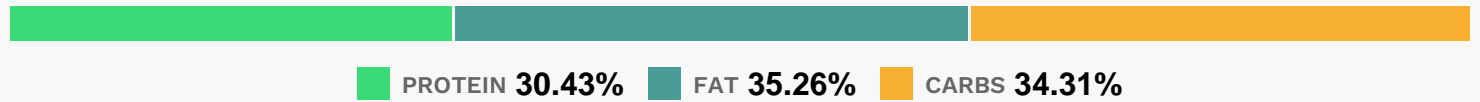
Equipment

- bowl
- grill

Directions

- Combine 1/4 cup Wish-Bone® Italian Dressing with chipotle chile pepper in small bowl.
- Brush chicken and onion with dressing mixture.
- Grill or broil chicken and onion, turning once, 10 minutes or until chicken is thoroughly cooked and onion is tender; thinly slice chicken.
- Arrange spring salad mix on serving platter. Top with beans, mango, avocado, onion and chicken. Just before serving, drizzle with remaining 1/4 cup Dressing.

Nutrition Facts



Properties

Glycemic Index:29.69, Glycemic Load:4.32, Inflammation Score:-9, Nutrition Score:29.383478289065%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg 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 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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg

Nutrients (% of daily need)

Calories: 428.12kcal (21.41%), Fat: 17.12g (26.34%), Saturated Fat: 2.73g (17.04%), Carbohydrates: 37.48g (12.49%), Net Carbohydrates: 25.61g (9.31%), Sugar: 11.34g (12.61%), Cholesterol: 72.57mg (24.19%), Sodium: 859.05mg (37.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.24g (66.49%), Vitamin B3: 14.22mg (71.1%), Vitamin

B6: 1.21mg (60.25%), Vitamin C: 48.07mg (58.26%), Selenium: 39.2µg (56%), Fiber: 11.87g (47.48%), Phosphorus: 427.38mg (42.74%), Folate: 165.3µg (41.33%), Potassium: 1267.92mg (36.23%), Vitamin A: 1628.36IU (32.57%), Vitamin K: 29.6µg (28.2%), Vitamin B5: 2.73mg (27.3%), Manganese: 0.52mg (26%), Magnesium: 98.64mg (24.66%), Copper: 0.44mg (22.07%), Vitamin B2: 0.37mg (21.87%), Vitamin B1: 0.31mg (20.52%), Iron: 3.44mg (19.1%), Vitamin E: 2.42mg (16.11%), Zinc: 1.82mg (12.16%), Calcium: 73.26mg (7.33%), Vitamin B12: 0.23µg (3.78%)