



Strawberry BBQ Chicken Spinach and Quinoa Salad with Bacon, Avocado and Goat Cheese



Gluten Free



Popular

READY IN



20 min.

SERVINGS



4

CALORIES



397 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup avocado
- ☐ 2 cups baby spinach
- ☐ 0.3 cup roasted strawberry bbq sauce
- ☐ 4 servings cilantro leaves to taste
- ☐ 4 strips bacon crumbled cooked
- ☐ 0.3 cup goat cheese crumbled
- ☐ 2 green onions

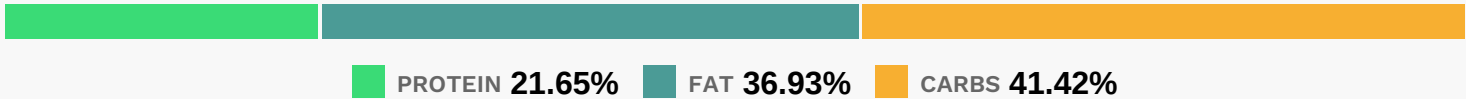
- ☐ 1 cup quinoa rinsed well
- ☐ 1 cup meat from a rotisserie chicken diced shredded cooked
- ☐ 1 cup strawberries
- ☐ 1.5 cups water

Equipment

Directions

- ☐ Bring the water and quinoa to a boil, reduce the heat and simmer, covered, until the quinoa is tender and has absorbed the water, about 15 minutes, remove from heat and let sit for 5 minutes, covered. Meanwhile, slice the strawberries, dice the avocado and slice the green onions.
- ☐ Mix everything and enjoy.

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:1.25, Inflammation Score:-9, Nutrition Score:26.465651950111%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 397.4kcal (19.87%), Fat: 16.5g (25.39%), Saturated Fat: 4.78g (29.91%), Carbohydrates: 41.65g (13.88%), Net Carbohydrates: 34.79g (12.65%), Sugar: 8.27g (9.19%), Cholesterol: 40.7mg (13.57%), Sodium: 419.37mg (18.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.77g (43.55%), Vitamin K: 94.42µg (89.93%), Manganese: 1.25mg (62.26%), Folate: 154.03µg (38.51%), Phosphorus: 370.12mg (37.01%), Vitamin C: 30.4mg (36.84%), Vitamin A: 1742.04IU (34.84%), Magnesium: 127.67mg (31.92%), Vitamin B6: 0.59mg (29.43%), Fiber: 6.86g (27.43%), Vitamin B3: 5.34mg (26.72%), Copper: 0.52mg (26.16%), Selenium: 17.39µg (24.84%), Potassium: 742.24mg (21.21%), Vitamin B2: 0.36mg (21.12%), Iron: 3.68mg (20.43%), Vitamin B1: 0.28mg (18.82%), Zinc: 2.66mg (17.72%), Vitamin E: 2.46mg (16.4%), Vitamin B5: 1.46mg (14.64%), Calcium: 82.97mg (8.3%), Vitamin B12: 0.22µg (3.59%)