



The HG Special



Gluten Free



Dairy Free



Very Healthy

READY IN



10 min.

SERVINGS



1

CALORIES



465 kcal

Ingredients

- ☐ 0.3 cup beets canned drained chopped
- ☐ 2 tablespoons black beans drained and rinsed canned
- ☐ 2 tablespoons garbanzo beans drained and rinsed canned (chickpeas)
- ☐ 0.3 cup carrots shredded
- ☐ 3 ounces chicken breast skinless lean cooked chopped
- ☐ 2 tablespoons corn kernels sweet canned
- ☐ 0.5 cucumber chopped
- ☐ 1 Dash pepper black freshly ground
- ☐ 1 plum tomatoes chopped (preferably Roma)

- ☐ 0.3 cup onion red chopped
- ☐ 3 cups romaine lettuce chopped
- ☐ 2 tablespoons topping parmesan-style grated reduced-fat

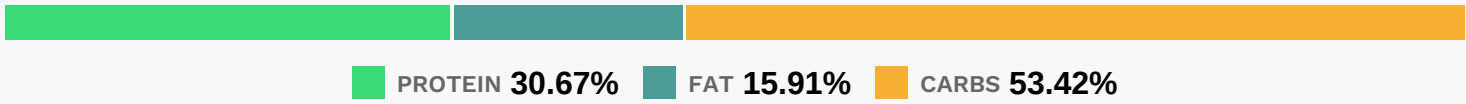
Equipment

- ☐ bowl

Directions

- ☐ Place lettuce, tomato, cucumber, chopped cooked chicken, onion, carrot, beet, black beans, corn, garbanzo beans, in a bowl and toss well to mix. Enjoy!

Nutrition Facts



Properties

Glycemic Index:199.17, Glycemic Load:3.9, Inflammation Score:-10, Nutrition Score:37.226956670699%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 11.65mg, Quercetin: 11.65mg, Quercetin: 11.65mg, Quercetin: 11.65mg

Nutrients (% of daily need)

Calories: 465.47kcal (23.27%), Fat: 8.39g (12.91%), Saturated Fat: 2.65g (16.59%), Carbohydrates: 63.42g (21.14%), Net Carbohydrates: 51.62g (18.77%), Sugar: 29.37g (32.64%), Cholesterol: 72.67mg (24.22%), Sodium: 576.46mg (25.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.41g (72.82%), Vitamin A: 18318.18IU (366.36%), Vitamin K: 166.15µg (158.23%), Folate: 292.38µg (73.09%), Vitamin B3: 13.64mg (68.22%), Manganese: 1.13mg (56.68%), Vitamin B6: 1.04mg (51.81%), Fiber: 11.81g (47.23%), Phosphorus: 421.26mg (42.13%), Potassium: 1424.96mg (40.71%), Selenium: 27.02µg (38.6%), Vitamin C: 26.46mg (32.08%), Magnesium: 126.17mg (31.54%), Copper: 0.59mg (29.68%), Iron: 4.67mg (25.95%), Vitamin B2: 0.4mg (23.43%), Vitamin B1: 0.35mg (23.37%), Vitamin B5: 1.94mg (19.45%), Zinc: 2.6mg (17.35%), Calcium: 153.14mg (15.31%), Vitamin E: 2.07mg (13.82%), Vitamin B12: 0.31µg (5.2%)