



Warm chicken & avocado salad

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



159 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tbsp sunflower seeds
- ☐ 2 tsp olive oil
- ☐ 4 fillet chicken breasts each skinless sliced into 8 pieces
- ☐ 175 g green beans trimmed fine
- ☐ 1 romaine lettuce trimmed roughly sliced
- ☐ 1 bunch radishes trimmed sliced
- ☐ 1 small avocado ripe peeled sliced
- ☐ 25 g cheese blue such as danish or saint agur

- ☐ 2 tbsp semi-skimmed milk
- ☐ 100 g fromage frais low-fat
- ☐ 100 g fromage frais low-fat

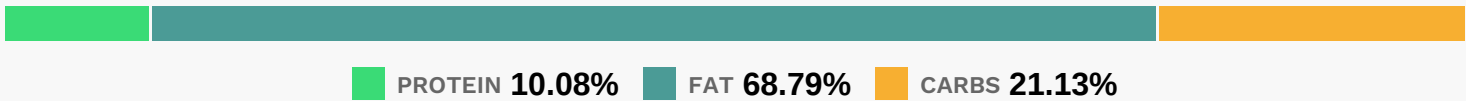
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Tip the sunflower seeds into a large non-stick frying pan and swirl around for 1-2 minutes over a high heat until lightly toasted. Tip from the pan and set aside.
- ☐ Pour the olive oil into the pan and stir-fry the chicken pieces over a high heat for 4-6 minutes until golden but still moist inside.
- ☐ Meanwhile, cook the green beans in lightly salted water for 3-4 minutes until tender, yet still crisp. Cool under the cold tap, drain and set aside.
- ☐ Break up the blue cheese in a bowl.
- ☐ Add the fromage frais and milk and mix until smooth. Season with black pepper.
- ☐ Toss the vegetables together in a bowl, add the hot chicken and sunflower seeds. Pile on four plates, drizzle over the dressing and serve warm.

Nutrition Facts



Properties

Glycemic Index:41.25, Glycemic Load:1.4, Inflammation Score:-7, Nutrition Score:11.077826259577%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Pelargonidin: 7.89mg, Pelargonidin: 7.89mg, Pelargonidin: 7.89mg, Pelargonidin: 7.89mg 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 Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.35mg, Quercetin: 1.35mg,

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Nutrients (% of daily need)

Calories: 158.6kcal (7.93%), Fat: 13.02g (20.03%), Saturated Fat: 2.79g (17.43%), Carbohydrates: 9g (3%), Net Carbohydrates: 3.89g (1.41%), Sugar: 2.55g (2.83%), Cholesterol: 5.93mg (1.98%), Sodium: 88.41mg (3.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.29g (8.59%), Vitamin K: 38.22µg (36.4%), Vitamin A: 1042.7IU (20.85%), Fiber: 5.11g (20.44%), Folate: 76.13µg (19.03%), Vitamin E: 2.45mg (16.34%), Vitamin C: 12.55mg (15.22%), Vitamin B6: 0.26mg (12.96%), Potassium: 428.79mg (12.25%), Manganese: 0.24mg (11.79%), Vitamin B5: 1mg (10.04%), Vitamin B2: 0.17mg (9.88%), Phosphorus: 97.04mg (9.7%), Magnesium: 38.39mg (9.6%), Copper: 0.18mg (9.17%), Vitamin B3: 1.63mg (8.16%), Vitamin B1: 0.12mg (7.9%), Calcium: 71.68mg (7.17%), Iron: 1.01mg (5.59%), Zinc: 0.81mg (5.4%), Selenium: 3.31µg (4.72%), Vitamin B12: 0.12µg (1.97%)