

# Blackened Chicken Avocado Power Bowls

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/mccormick-italian-seasoning-meatball-recipe>

## Ingredients:

- 1 tablespoon McCormick Chili Powder
- 2 teaspoons McCormick Paprika
- 1 teaspoon McCormick Onion Powder
- 1 teaspoon McCormick Cumin
- 1/2 teaspoon McCormick Garlic Powder
- 1 teaspoon McCormick Italian Seasoning
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 4 chicken breasts thinly sliced
- 4 tablespoons olive oil divided
- 2 cups broccoli florets
- 1 red bell pepper sliced
- 1 yellow bell pepper sliced
- 15 ounces chickpeas
- 1 cup red cabbage chopped
- 1 avocado chopped

## Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 38 grams
3. Cholesterol: 75 milligrams
4. Fat: 26 grams
5. Fiber: 11 grams
6. Protein: 33 grams
7. SaturatedFat: 4 grams
8. Sodium: 1070 milligrams
9. Sugar: 3 grams

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