



Bacon Gorgonzola Chicken Salad



Gluten Free



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



217 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup cheese dressing blue prepared
- ☐ 0.8 cup celery finely chopped
- ☐ 8 strips bacon crumbled cooked
- ☐ 3 cups chicken breast shredded cooked
- ☐ 1 tablespoon thyme leaves fresh finely chopped
- ☐ 0.3 teaspoon garlic salt
- ☐ 0.3 cup gorgonzola cheese crumbled

- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 cup mayonnaise

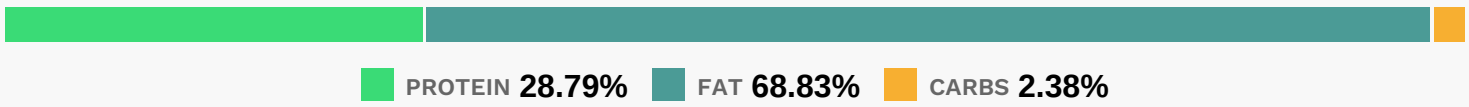
Equipment

- ☐ bowl

Directions

- ☐ Place all ingredients into a large bowl. Stir to combine. Taste and season with additional seasonings if needed.
- ☐ Serve with firm crackers or serve inside a soft roll.

Nutrition Facts



Properties

Glycemic Index:23.25, Glycemic Load:0.15, Inflammation Score:-7, Nutrition Score:6.71999999119924%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 216.85kcal (10.84%), Fat: 16.32g (25.11%), Saturated Fat: 3.8g (23.73%), Carbohydrates: 1.27g (0.42%), Net Carbohydrates: 0.98g (0.35%), Sugar: 0.7g (0.78%), Cholesterol: 49.49mg (16.5%), Sodium: 495.7mg (21.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.36g (30.71%), Vitamin K: 26.61µg (25.34%), Vitamin B3: 4.23mg (21.15%), Selenium: 14.04µg (20.05%), Phosphorus: 133.56mg (13.36%), Vitamin B6: 0.24mg (11.82%), Vitamin B2: 0.12mg (6.97%), Zinc: 0.98mg (6.54%), Vitamin B5: 0.63mg (6.26%), Iron: 0.93mg (5.18%), Calcium: 47.5mg (4.75%), Potassium: 165.57mg (4.73%), Vitamin B12: 0.25µg (4.12%), Magnesium: 15.71mg (3.93%), Vitamin E: 0.54mg (3.57%), Vitamin C: 2.47mg (2.99%), Vitamin A: 142.57IU (2.85%), Vitamin B1: 0.04mg (2.73%), Folate: 9.24µg (2.31%), Copper: 0.04mg (2.25%), Manganese: 0.04mg (2.18%), Fiber: 0.3g (1.18%)