



Bangin' Buffalo Blue Cheese Chicken Salad

 Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup chunky cheese dressing blue
- 0.5 cup celery finely chopped
- 2 chicken breast halves cubed cooked
- 8 slices bacon crumbled cooked
- 1 teaspoon parsley dried
- 1 teaspoon garlic minced
- 1 teaspoon ground pepper black
- 2 teaspoons juice of lemon

- 0.5 cup mayonnaise
- 0.5 cup onion finely chopped
- 0.5 teaspoon paprika
- 0.5 cup pecans chopped
- 0.3 cup pepper sauce hot redhot® (such as Frank's)
- 1 teaspoon salt
- 2 teaspoons worcestershire sauce

Equipment

- bowl

Directions

- Mix chicken, blue cheese dressing, bacon, mayonnaise, pecans, onion, celery, hot sauce, lemon juice, Worcestershire sauce, black pepper, salt, garlic, parsley, and paprika in a large bowl; refrigerate for flavors to blend, at least 1 hour.

Nutrition Facts

PROTEIN 25.95% **FAT 68.63%** **CARBS 5.42%**

Properties

Glycemic Index:24.5, Glycemic Load:0.37, Inflammation Score:-3, Nutrition Score:10.001304323259%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.74mg, Apigenin: 0.74mg, Apigenin: 0.74mg, Apigenin: 0.74mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin:

2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 282.12kcal (14.11%), Fat: 21.45g (33%), Saturated Fat: 4.06g (25.4%), Carbohydrates: 3.81g (1.27%), Net Carbohydrates: 2.74g (1%), Sugar: 1.8g (2%), Cholesterol: 50.58mg (16.86%), Sodium: 984.92mg (42.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.25g (36.5%), Vitamin B3: 6.91mg (34.55%), Vitamin K: 27.2µg (25.9%), Selenium: 17.03µg (24.33%), Manganese: 0.38mg (19.1%), Vitamin B6: 0.36mg (17.9%), Phosphorus: 177.61mg (17.76%), Vitamin B1: 0.14mg (9.15%), Vitamin C: 7.5mg (9.09%), Zinc: 1.11mg (7.42%), Magnesium: 28.08mg (7.02%), Vitamin B2: 0.12mg (7.02%), Potassium: 245.05mg (7%), Copper: 0.13mg (6.66%), Vitamin B5: 0.63mg (6.34%), Iron: 1.05mg (5.85%), Vitamin E: 0.83mg (5.55%), Vitamin B12: 0.3µg (5.05%), Calcium: 43.16mg (4.32%), Fiber: 1.07g (4.28%), Vitamin A: 130.76IU (2.62%), Folate: 9.74µg (2.43%)