



Barbecue Ranch Chicken Salad

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup original barbecue sauce kraft
- 12 oz oscar mayer carving board flame grilled chicken breast strips
- 10 oz salad greens mixed
- 0.5 cup classic ranch dressing kraft
- 0.5 cup onions red sliced
- 0.5 cup natural sharp cheddar cheese crumbles kraft
- 1 large tomatoes cut into wedges

Equipment

- bowl
- frying pan

Directions

- Cook chicken and barbecue sauce in large skillet on medium-high heat until heated through, stirring occasionally.
- Toss greens with chicken, tomatoes and onions in large bowl.
- Top with dressing and cheese.

Nutrition Facts



Properties

Glycemic Index:15.33, Glycemic Load:0.65, Inflammation Score:-7, Nutrition Score:12.607391144918%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg

Nutrients (% of daily need)

Calories: 277.32kcal (13.87%), Fat: 14.38g (22.13%), Saturated Fat: 3.8g (23.76%), Carbohydrates: 15.08g (5.03%), Net Carbohydrates: 14.28g (5.19%), Sugar: 10.24g (11.38%), Cholesterol: 62.81mg (20.94%), Sodium: 543.56mg (23.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.25g (42.49%), Vitamin B3: 8.39mg (41.94%), Vitamin K: 30.07µg (28.64%), Selenium: 19.58µg (27.97%), Phosphorus: 243.94mg (24.39%), Vitamin B6: 0.45mg (22.43%), Vitamin C: 16.25mg (19.69%), Vitamin A: 956.94IU (19.14%), Potassium: 393.12mg (11.23%), Calcium: 100.79mg (10.08%), Vitamin B2: 0.17mg (9.99%), Vitamin B5: 0.88mg (8.85%), Manganese: 0.17mg (8.51%), Magnesium: 32.95mg (8.24%), Zinc: 1.16mg (7.74%), Folate: 30.09µg (7.52%), Vitamin E: 1.02mg (6.83%), Iron: 1.22mg (6.8%), Vitamin B1: 0.08mg (5.5%), Vitamin B12: 0.33µg (5.44%), Copper: 0.1mg (4.93%), Fiber: 0.81g (3.22%)