



BBQ Chicken Salad

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



15 min.

SERVINGS



15

CALORIES



81 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup original barbecue sauce kraft
- 12 oz oscar mayer carving board flame grilled chicken breast strips
- 0.5 cup croutons
- 0.3 cup classic ranch dressing kraft
- 8 cups torn salad greens
- 1 large tomatoes cut into wedges

Equipment

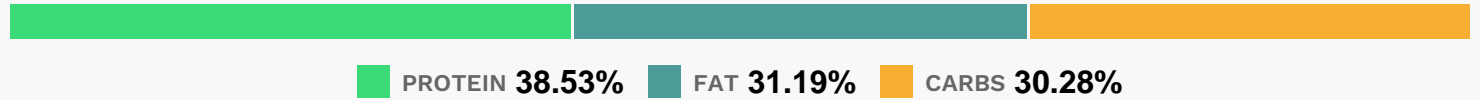
- bowl

frying pan

Directions

- Cook chicken and barbecue sauce in large skillet on medium-high heat 5 min. or until heated through, stirring occasionally.
- Combine remaining ingredients in large bowl; top with chicken.

Nutrition Facts



Properties

Glycemic Index:7.33, Glycemic Load:0.62, Inflammation Score:-3, Nutrition Score:4.3343477793362%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 80.69kcal (4.03%), Fat: 2.75g (4.24%), Saturated Fat: 0.53g (3.33%), Carbohydrates: 6.02g (2.01%), Net Carbohydrates: 5.74g (2.09%), Sugar: 3.67g (4.08%), Cholesterol: 20.32mg (6.77%), Sodium: 164.15mg (7.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.66g (15.32%), Vitamin B3: 3.41mg (17.06%), Selenium: 6.98µg (9.98%), Vitamin B6: 0.17mg (8.57%), Vitamin C: 6.67mg (8.08%), Vitamin A: 371.05IU (7.42%), Phosphorus: 73.44mg (7.34%), Vitamin K: 6.56µg (6.25%), Potassium: 149.43mg (4.27%), Manganese: 0.07mg (3.39%), Folate: 12.29µg (3.07%), Vitamin B5: 0.31mg (3.07%), Magnesium: 12.01mg (3%), Vitamin B2: 0.05mg (2.96%), Iron: 0.52mg (2.87%), Vitamin B1: 0.04mg (2.39%), Zinc: 0.32mg (2.16%), Vitamin E: 0.29mg (1.95%), Copper: 0.04mg (1.91%), Vitamin B12: 0.08µg (1.4%), Calcium: 12.41mg (1.24%), Fiber: 0.28g (1.13%)