



## BBQ Ranch Chicken Salad

 Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup original barbecue sauce kraft
- 0.5 cup slivered onions red
- 0.5 cup lite ranch dressing kraft
- 10 oz torn salad greens mixed
- 0.3 cup natural sharp cheddar cheese crumbles kraft
- 1 lb chicken breasts boneless skinless cut into thin strips
- 1 large tomatoes cut into wedges

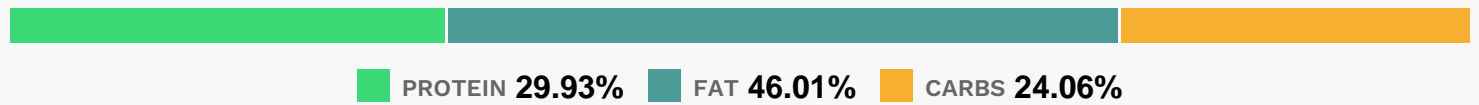
### Equipment

- bowl
- frying pan

## Directions

- Cook and stir chicken in barbecue sauce in medium skillet on medium heat 5 to 6 min. or until chicken is done.
- Toss salad greens with chicken, tomatoes and onions in large bowl.
- Add dressing; mix lightly. Top with cheese.

## Nutrition Facts



## Properties

Glycemic Index:3.68, Glycemic Load:0.15, Inflammation Score:-2, Nutrition Score:3.2591304474551%

## Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

## Nutrients (% of daily need)

Calories: 60.18kcal (3.01%), Fat: 3.05g (4.7%), Saturated Fat: 0.66g (4.13%), Carbohydrates: 3.59g (1.2%), Net Carbohydrates: 3.4g (1.24%), Sugar: 2.45g (2.73%), Cholesterol: 13.99mg (4.66%), Sodium: 134.04mg (5.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.47g (8.93%), Vitamin B3: 2.04mg (10.2%), Selenium: 6.43µg (9.18%), Vitamin B6: 0.16mg (8.06%), Vitamin K: 7.19µg (6.84%), Phosphorus: 60.45mg (6.04%), Vitamin C: 4.12mg (4.99%), Vitamin A: 220.93IU (4.42%), Potassium: 125.77mg (3.59%), Vitamin B5: 0.33mg (3.35%), Vitamin B2: 0.04mg (2.26%), Magnesium: 8.37mg (2.09%), Manganese: 0.04mg (2.06%), Folate: 7.17µg (1.79%), Vitamin E: 0.24mg (1.57%), Calcium: 15.07mg (1.51%), Vitamin B1: 0.02mg (1.44%), Zinc: 0.21mg (1.37%), Iron: 0.22mg (1.21%), Copper: 0.02mg (1.08%)