



Bistro Chicken Summer Salad

READY IN



10 min.

SERVINGS



10

CALORIES



154 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 oz baby spinach leaves
- 2 cups penne pasta cooled cooked
- 1 cup cucumbers halved sliced
- 1 cup natural sharp cheddar cheese crumbles divided kraft
- 1 lb chicken breasts boneless skinless cut into strips
- 0.5 cup sun tomato vinaigrette dressing made dried with extra virgin olive oil kraft
- 2 tomatoes chopped

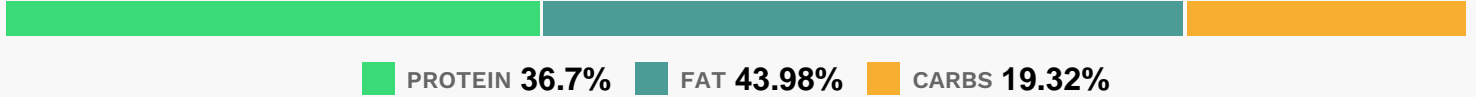
Equipment

bowl

Directions

- Toss pasta with spinach, chicken, tomatoes, cucumbers and 1/2 cup cheese in large bowl.
- Add dressing; mix lightly.
- Sprinkle with remaining cheese.

Nutrition Facts



Properties

Glycemic Index:16.05, Glycemic Load:2.83, Inflammation Score:-8, Nutrition Score:14.419130159461%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 153.7kcal (7.69%), Fat: 7.47g (11.49%), Saturated Fat: 2.77g (17.34%), Carbohydrates: 7.38g (2.46%), Net Carbohydrates: 6.32g (2.3%), Sugar: 1.03g (1.15%), Cholesterol: 40.33mg (13.44%), Sodium: 141.67mg (6.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.03g (28.06%), Vitamin K: 86.72µg (82.59%), Vitamin A: 1936.33IU (38.73%), Selenium: 22.38µg (31.98%), Vitamin B3: 5.08mg (25.4%), Vitamin B6: 0.42mg (20.77%), Phosphorus: 173.9mg (17.39%), Manganese: 0.25mg (12.65%), Vitamin C: 9.12mg (11.05%), Folate: 43.93µg (10.98%), Calcium: 104.53mg (10.45%), Potassium: 355.34mg (10.15%), Magnesium: 35.64mg (8.91%), Vitamin B2: 0.14mg (8.16%), Vitamin B5: 0.78mg (7.77%), Vitamin E: 0.97mg (6.5%), Zinc: 0.92mg (6.13%), Iron: 0.97mg (5.4%), Fiber: 1.07g (4.27%), Vitamin B1: 0.06mg (4.15%), Copper: 0.08mg (3.95%), Vitamin B12: 0.21µg (3.51%)