



## Broccoli, Cauliflower & Chicken Salad

 Gluten Free

READY IN



195 min.

SERVINGS



4

CALORIES



442 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 slices oscar mayer bacon crumbled cooked
- 2 cups broccoli and cauliflower florets
- 1 cup cherry tomatoes halved
- 1 cup natural milk colby & monterey jack cheese crumbles 2% kraft
- 0.5 cup lite ranch dressing kraft
- 1 bell pepper red cut into strips
- 1.5 cups chicken breasts boneless skinless cooked chopped

### Equipment

bowl

## Directions

- Combine vegetables, chicken and tomatoes in large bowl.
- Add dressing; toss to coat.
- Add cheese and bacon; mix lightly.
- Refrigerate several hours or until chilled.

## Nutrition Facts

**PROTEIN 22.21%** **FAT 69.95%** **CARBS 7.84%**

## Properties

Glycemic Index:16, Glycemic Load:0.85, Inflammation Score:-8, Nutrition Score:21.537826081981%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

## Nutrients (% of daily need)

Calories: 441.83kcal (22.09%), Fat: 34.4g (52.93%), Saturated Fat: 12.09g (75.54%), Carbohydrates: 8.67g (2.89%), Net Carbohydrates: 6.79g (2.47%), Sugar: 4.71g (5.23%), Cholesterol: 89.67mg (29.89%), Sodium: 700.8mg (30.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.58g (49.15%), Vitamin C: 71.35mg (86.48%), Vitamin K: 51.45µg (49%), Selenium: 28.77µg (41.1%), Phosphorus: 396.58mg (39.66%), Vitamin B3: 7.54mg (37.71%), Vitamin B6: 0.72mg (36.15%), Vitamin A: 1478.06IU (29.56%), Calcium: 255.54mg (25.55%), Potassium: 606.27mg (17.32%), Vitamin B5: 1.71mg (17.08%), Vitamin B2: 0.29mg (16.91%), Folate: 56.42µg (14.1%), Zinc: 1.91mg (12.74%), Vitamin E: 1.68mg (11.19%), Vitamin B1: 0.16mg (10.71%), Magnesium: 41.77mg (10.44%), Vitamin B12: 0.55µg (9.12%), Manganese: 0.18mg (8.87%), Fiber: 1.89g (7.54%), Iron: 1.23mg (6.84%), Copper: 0.1mg (4.82%), Vitamin D: 0.37µg (2.48%)