



Buffalo Chicken Salad

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



177 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

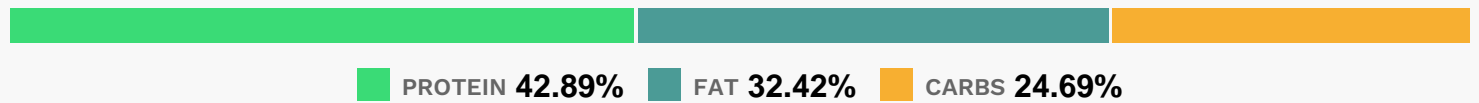
- 9 ounces chicken tenderloins frozen
- 1 tablespoon chili powder
- 2 cups lettuce shredded
- 2 cups celery stalks
- 2 cups celery stalks
- 2 cups broccoli florets
- 2 cups cucumber sliced (2 small)
- 8 ounces cheese dressing blue (1 cup)

Equipment

Directions

- Place chicken and chili powder in resealable plastic food-storage bag; seal bag and shake well to coat. Prepare chicken as directed on package.
- Arrange lettuce on large serving platter. Top with vegetables and cooked chicken.
- Serve with dressing.

Nutrition Facts



Properties

Glycemic Index:35.75, Glycemic Load:1.38, Inflammation Score:-9, Nutrition Score:21.955652161785%

Flavonoids

Apigenin: 2.93mg, Apigenin: 2.93mg, Apigenin: 2.93mg, Apigenin: 2.93mg Luteolin: 1.44mg, Luteolin: 1.44mg, Luteolin: 1.44mg, Luteolin: 1.44mg Kaempferol: 3.84mg, Kaempferol: 3.84mg, Kaempferol: 3.84mg, Kaempferol: 3.84mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg

Nutrients (% of daily need)

Calories: 177.12kcal (8.86%), Fat: 6.52g (10.03%), Saturated Fat: 1.98g (12.39%), Carbohydrates: 11.16g (3.72%), Net Carbohydrates: 6.77g (2.46%), Sugar: 5.5g (6.11%), Cholesterol: 41.39mg (13.8%), Sodium: 739.94mg (32.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.4g (38.8%), Vitamin K: 94.77µg (90.26%), Vitamin C: 47.8mg (57.94%), Vitamin B3: 7.6mg (37.98%), Vitamin B6: 0.73mg (36.72%), Selenium: 23.37µg (33.39%), Vitamin A: 1579.39IU (31.59%), Phosphorus: 262.45mg (26.24%), Potassium: 825.42mg (23.58%), Folate: 89.59µg (22.4%), Fiber: 4.39g (17.57%), Manganese: 0.34mg (16.83%), Vitamin B5: 1.63mg (16.28%), Vitamin B2: 0.28mg (16.22%), Calcium: 137.83mg (13.78%), Magnesium: 54.7mg (13.67%), Vitamin E: 1.74mg (11.59%), Vitamin B1: 0.15mg (9.74%), Iron: 1.69mg (9.41%), Copper: 0.16mg (7.84%), Zinc: 1.08mg (7.22%), Vitamin B12: 0.26µg (4.3%)