



Buffalo Chicken Salad

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



196 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

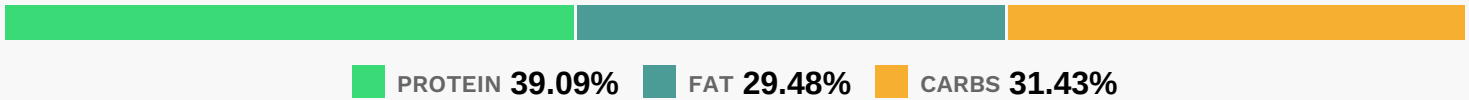
- ☐ 8 ounces cheese dressing blue (1 cup)
- ☐ 2 cups broccoli florets
- ☐ 2 cups carrots
- ☐ 2 cups celery stalks
- ☐ 9 ounces chicken breast frozen
- ☐ 1 tablespoon chili powder
- ☐ 2 cups cucumber sliced (2 small)
- ☐ 2 cups lettuce shredded

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:39.46, Glycemic Load:3.19, Inflammation Score:-10, Nutrition Score:25.631304230379%

Flavonoids

Apigenin: 1.49mg, Apigenin: 1.49mg, Apigenin: 1.49mg, Apigenin: 1.49mg Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg Kaempferol: 3.89mg, Kaempferol: 3.89mg, Kaempferol: 3.89mg, Kaempferol: 3.89mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg

Nutrients (% of daily need)

Calories: 196.29kcal (9.81%), Fat: 6.58g (10.13%), Saturated Fat: 1.98g (12.39%), Carbohydrates: 15.8g (5.27%), Net Carbohydrates: 10.42g (3.79%), Sugar: 7.85g (8.73%), Cholesterol: 41.39mg (13.8%), Sodium: 743.7mg (32.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.65g (39.29%), Vitamin A: 12044.49IU (240.89%), Vitamin K: 88.42µg (84.21%), Vitamin C: 50.01mg (60.62%), Vitamin B3: 8.06mg (40.32%), Vitamin B6: 0.79mg (39.27%), Selenium: 23.23µg (33.19%), Phosphorus: 272.73mg (27.27%), Potassium: 898.92mg (25.68%), Fiber: 5.38g (21.51%), Folate: 83.57µg (20.89%), Manganese: 0.38mg (18.81%), Vitamin B5: 1.68mg (16.79%), Vitamin B2: 0.28mg (16.71%), Magnesium: 56.82mg (14.21%), Calcium: 138.75mg (13.87%), Vitamin E: 2.02mg (13.49%), Vitamin B1: 0.18mg (11.85%), Iron: 1.78mg (9.91%), Copper: 0.17mg (8.39%), Zinc: 1.17mg (7.8%), Vitamin B12: 0.26µg (4.3%)