



Buffalo Chicken Salad



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



237 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup cheese dressing blue
- ☐ 2 carrots shredded ()
- ☐ 4 stalks celery sliced ()
- ☐ 2 chicken breasts (a pound)
- ☐ 2 green onions sliced ()
- ☐ 4 servings hot sauce to taste
- ☐ 1 tablespoon oil
- ☐ 1 head romaine lettuce cut into slices)

☐ 4 servings salt and pepper

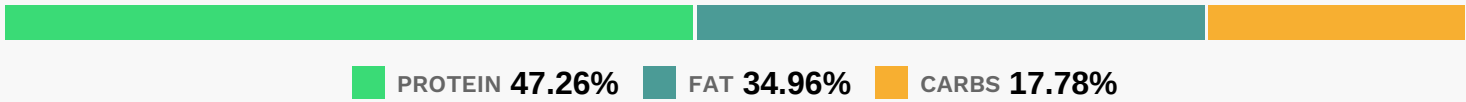
Equipment

☐ grill

Directions

- ☐ Marinate the chicken in the hot sauce, salt and pepper for 30+ minutes.
- ☐ Brush the oil on the grill and grill the chicken until cooked, about 4–5 minutes per side and set aside while you make the salad.
- ☐ Assemble salad and toss in the dressing.
- ☐ Serve salad topped with sliced chicken. (
- ☐ Add extra hot sauce if you like it hot.)

Nutrition Facts



Properties

Glycemic Index:27.71, Glycemic Load:1.23, Inflammation Score:-10, Nutrition Score:29.037391517473%

Flavonoids

Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg

Nutrients (% of daily need)

Calories: 236.72kcal (11.84%), Fat: 9.25g (14.24%), Saturated Fat: 1.78g (11.11%), Carbohydrates: 10.59g (3.53%), Net Carbohydrates: 5.65g (2.06%), Sugar: 4.85g (5.39%), Cholesterol: 72.63mg (24.21%), Sodium: 681.61mg (29.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.15g (56.29%), Vitamin A: 19000.88IU (380.02%), Vitamin K: 192.96µg (183.77%), Vitamin B3: 12.75mg (63.75%), Folate: 242.32µg (60.58%), Selenium: 37.5µg (53.58%), Vitamin B6: 1.04mg (52.19%), Phosphorus: 332.17mg (33.22%), Potassium: 1024.53mg (29.27%), Vitamin B5: 2.02mg (20.19%), Fiber: 4.94g (19.75%), Manganese: 0.35mg (17.72%), Vitamin B2: 0.29mg (17.29%), Magnesium: 62.7mg (15.68%), Vitamin B1: 0.22mg (14.87%), Vitamin C: 11.95mg (14.49%), Iron: 2.35mg (13.07%), Calcium: 115.06mg (11.51%), Vitamin E: 1.45mg (9.66%), Zinc: 1.24mg (8.27%), Copper: 0.14mg (7.08%), Vitamin B12: 0.3µg (4.94%)