



## Buffalo Chicken Salad

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



210 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 carrots peeled sliced
- 2 stalks celery sliced
- 0.3 cup athenos cheese blue crumbled
- 1 Tbsp pepper sauce hot divided
- 0.5 cup lite ranch dressing kraft
- 10 oz torn salad greens
- 1 lb chicken breasts boneless skinless cut into strips

### Equipment

frying pan

## Directions

- Heat large nonstick skillet on medium-high heat.
- Add chicken; cook and stir 4 to 5 min. or until done. Stir in 1 Tbsp. hot sauce.
- Cover platter with salad greens; top with celery and carrots.
- Drizzle with dressing.
- Top with chicken, cheese and remaining hot sauce.

## Nutrition Facts



## Properties

Glycemic Index:17.64, Glycemic Load:0.74, Inflammation Score:-10, Nutrition Score:15.959130310494%

## Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 210.04kcal (10.5%), Fat: 12.58g (19.36%), Saturated Fat: 2.89g (18.07%), Carbohydrates: 5.21g (1.74%), Net Carbohydrates: 4.43g (1.61%), Sugar: 2.14g (2.37%), Cholesterol: 57.8mg (19.27%), Sodium: 426.83mg (18.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.4g (36.8%), Vitamin A: 4070.21IU (81.4%), Vitamin B3: 8.46mg (42.31%), Selenium: 25.97µg (37.1%), Vitamin B6: 0.66mg (33.03%), Vitamin K: 33.73µg (32.12%), Phosphorus: 246.71mg (24.67%), Vitamin C: 15.1mg (18.31%), Vitamin B5: 1.48mg (14.82%), Potassium: 491.04mg (14.03%), Vitamin B2: 0.16mg (9.37%), Folate: 32.12µg (8.03%), Magnesium: 31.16mg (7.79%), Manganese: 0.13mg (6.68%), Calcium: 57.44mg (5.74%), Vitamin B1: 0.08mg (5.61%), Zinc: 0.79mg (5.27%), Vitamin E: 0.77mg (5.16%), Vitamin B12: 0.25µg (4.23%), Iron: 0.75mg (4.18%), Copper: 0.06mg (3.23%), Fiber: 0.79g (3.16%)