



Buffalo Chicken Salad with Blue Cheese-Buttermilk Dressing

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



213 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings cheese-buttermilk dressing blue
- ☐ 1 large carrots
- ☐ 1 celery stalk
- ☐ 2 cups cherry tomato halves
- ☐ 2 tablespoons hot sauce
- ☐ 1.5 tablespoons olive oil
- ☐ 1 tablespoon paprika

- ☐ 3 cups potatoes red cubed
- ☐ 6 cups romaine lettuce shredded
- ☐ 24 ounce skinned

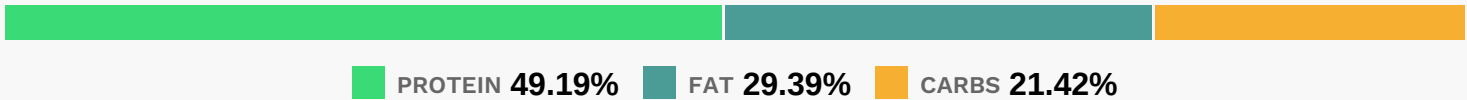
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ grill
- ☐ peeler

Directions

- ☐ Combine the first 3 ingredients in a large dish.
- ☐ Add chicken, tossing to coat. Cover and marinate in refrigerator 30 minutes to 1 hour.
- ☐ Cut carrot and celery lengthwise into 12 thin strips using a vegetable peeler.
- ☐ Place strips in a bowl of ice water.
- ☐ Let stand 30 minutes.
- ☐ Place potato in a saucepan; cover with water. Bring to a boil; cook 15 minutes or until tender.
- ☐ Drain; cool.
- ☐ Prepare grill.
- ☐ Remove chicken from dish; discard marinade.
- ☐ Place chicken on grill rack coated with cooking spray; grill 5 minutes on each side or until chicken is done.
- ☐ Cut chicken diagonally across grain into thin slices. Set aside.
- ☐ Arrange lettuce on a large platter. Top with potato, carrot and celery strips, chicken, and tomato halves.
- ☐ Serve with Blue Cheese–Buttermilk Dressing.

Nutrition Facts



Properties

Glycemic Index:15.64, Glycemic Load:0.42, Inflammation Score:-10, Nutrition Score:23.746956566106%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 213.16kcal (10.66%), Fat: 6.95g (10.7%), Saturated Fat: 1.22g (7.64%), Carbohydrates: 11.4g (3.8%), Net Carbohydrates: 8.67g (3.15%), Sugar: 3.06g (3.4%), Cholesterol: 72.58mg (24.19%), Sodium: 281.11mg (12.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.19g (52.37%), Vitamin A: 6962.61IU (139.25%), Vitamin B3: 12.92mg (64.59%), Vitamin K: 55.86µg (53.2%), Selenium: 37.02µg (52.88%), Vitamin B6: 1.04mg (51.81%), Phosphorus: 298.35mg (29.83%), Vitamin C: 21.77mg (26.39%), Potassium: 887.62mg (25.36%), Folate: 85.04µg (21.26%), Vitamin B5: 1.92mg (19.2%), Magnesium: 52.66mg (13.17%), Manganese: 0.23mg (11.67%), Vitamin B2: 0.19mg (11.39%), Vitamin B1: 0.17mg (11.22%), Fiber: 2.74g (10.96%), Iron: 1.82mg (10.09%), Vitamin E: 1.49mg (9.94%), Copper: 0.16mg (7.8%), Zinc: 1.05mg (6.98%), Calcium: 38.56mg (3.86%), Vitamin B12: 0.23µg (3.82%)