



California Chicken BLT Salad



Gluten Free



Dairy Free

READY IN



85 min.

SERVINGS



7

CALORIES



234 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 box ranch seasoning
- ☐ 0.5 cup mayonnaise
- ☐ 2 cups roasted chicken cooked
- ☐ 1 large tomatoes cut into wedges
- ☐ 1 avocado pitted peeled cut into wedges
- ☐ 12 oz the salad red (iceberg lettuce, romaine, cabbage, carrots and radishes)

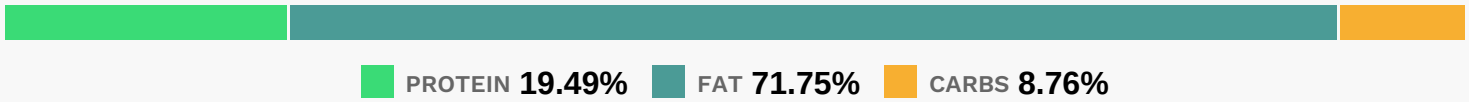
Equipment

- ☐ bowl

Directions

- ☐ Cook pasta as directed on box.
- ☐ Drain pasta; rinse with cold water. Shake to drain well.
- ☐ In large bowl, stir together seasoning (from Suddenly Salad™ box) and mayonnaise. Stir in drained pasta and remaining ingredients. Refrigerate at least 1 hour before serving. Cover and refrigerate any remaining salad.

Nutrition Facts



Properties

Glycemic Index:18.29, Glycemic Load:0.52, Inflammation Score:-6, Nutrition Score:10.033478252914%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 234.4kcal (11.72%), Fat: 18.93g (29.12%), Saturated Fat: 3.22g (20.12%), Carbohydrates: 5.2g (1.73%), Net Carbohydrates: 2.96g (1.08%), Sugar: 0.96g (1.07%), Cholesterol: 36.72mg (12.24%), Sodium: 158.26mg (6.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.57g (23.14%), Vitamin K: 34.16µg (32.54%), Vitamin C: 17.71mg (21.46%), Vitamin B3: 4.07mg (20.37%), Vitamin A: 837.39IU (16.75%), Selenium: 10.52µg (15.02%), Vitamin B6: 0.3mg (14.94%), Phosphorus: 120.29mg (12.03%), Folate: 47.94µg (11.99%), Potassium: 379.27mg (10.84%), Vitamin B5: 0.9mg (8.97%), Fiber: 2.24g (8.94%), Vitamin E: 1.26mg (8.4%), Vitamin B2: 0.13mg (7.55%), Manganese: 0.15mg (7.49%), Zinc: 0.96mg (6.41%), Magnesium: 25.09mg (6.27%), Copper: 0.12mg (6%), Iron: 1.05mg (5.84%), Vitamin B1: 0.07mg (4.66%), Vitamin B12: 0.14µg (2.25%), Calcium: 18.44mg (1.84%)