



## Cheddar-Chicken Crunch Salad

 Gluten Free

READY IN



70 min.

SERVINGS



10

CALORIES



174 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 6 slices oscar mayer bacon crumbled cooked
- 4 cups broccoli florets fresh
- 1 cup cherry tomatoes halved
- 2 cups chicken breasts cooked chopped
- 0.3 cup miracle whip dressing
- 0.3 cup classic ranch dressing kraft
- 0.5 cup onions red thinly sliced
- 0.5 cup cheddar cheese shredded kraft

# Equipment

bowl

# Directions

Mix dressings in large bowl.

Add all remaining ingredients except cheese and bacon; mix lightly.

Refrigerate 1 hour.

Top with cheese and bacon just before serving.

# Nutrition Facts



**PROTEIN 29.9%** **FAT 57.68%** **CARBS 12.42%**

# Properties

Glycemic Index:8.6, Glycemic Load:0.67, Inflammation Score:-5, Nutrition Score:10.730434710565%

# Flavonoids

Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 2.91mg, Kaempferol: 2.91mg, Kaempferol: 2.91mg, Kaempferol: 2.91mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg

# Nutrients (% of daily need)

Calories: 173.71kcal (8.69%), Fat: 11.16g (17.17%), Saturated Fat: 3.63g (22.66%), Carbohydrates: 5.41g (1.8%), Net Carbohydrates: 4.1g (1.49%), Sugar: 2.29g (2.54%), Cholesterol: 40.3mg (13.43%), Sodium: 263.32mg (11.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.02g (26.03%), Vitamin C: 36.46mg (44.19%), Vitamin K: 45.84µg (43.65%), Vitamin B3: 4.7mg (23.49%), Selenium: 13.21µg (18.88%), Phosphorus: 150.72mg (15.07%), Vitamin B6: 0.29mg (14.69%), Potassium: 268.32mg (7.67%), Vitamin A: 373.85IU (7.48%), Folate: 28.94µg (7.23%), Vitamin B2: 0.12mg (7.1%), Calcium: 67.46mg (6.75%), Vitamin B5: 0.65mg (6.52%), Vitamin B1: 0.09mg (6.23%), Manganese: 0.11mg (5.59%), Zinc: 0.84mg (5.58%), Magnesium: 21.31mg (5.33%), Fiber: 1.31g (5.23%), Vitamin E: 0.68mg (4.51%), Iron: 0.76mg (4.24%), Vitamin B12: 0.23µg (3.85%), Copper: 0.05mg (2.72%)