



## Chef Salad

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



87 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

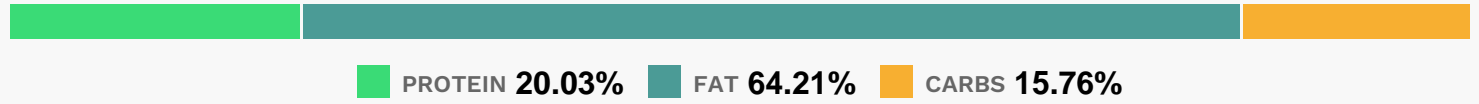
- 0.5 cup croutons
- 6 slices oscar mayer deli ham smoked fresh cut into strips
- 6 slices oscar mayer deli turkey breast smoked fresh cut into strips
- 0.5 cup milk mild cheddar cheese shredded 2% kraft
- 10 oz torn salad greens
- 0.5 cup lite thousand island dressing kraft
- 2 tomatoes cut into wedges

## Equipment

## Directions

- Place greens on 4 serving plates.
- Top with meat, tomatoes, cheese and croutons.
- Drizzle with dressing.

## Nutrition Facts



## Properties

Glycemic Index:9.13, Glycemic Load:0.68, Inflammation Score:-3, Nutrition Score:3.9691304719966%

## Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 86.9kcal (4.35%), Fat: 6.22g (9.57%), Saturated Fat: 1.85g (11.53%), Carbohydrates: 3.43g (1.14%), Net Carbohydrates: 3.12g (1.13%), Sugar: 1.76g (1.96%), Cholesterol: 13.9mg (4.63%), Sodium: 288.6mg (12.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.36g (8.73%), Vitamin B1: 0.21mg (13.76%), Vitamin A: 406.64IU (8.13%), Vitamin C: 6.63mg (8.04%), Vitamin K: 7.14µg (6.8%), Phosphorus: 63.35mg (6.34%), Selenium: 4.18µg (5.98%), Vitamin B3: 0.79mg (3.96%), Vitamin B6: 0.07mg (3.68%), Vitamin B2: 0.06mg (3.62%), Potassium: 123.02mg (3.51%), Zinc: 0.52mg (3.49%), Calcium: 34.04mg (3.4%), Vitamin E: 0.49mg (3.27%), Folate: 11.9µg (2.97%), Manganese: 0.06mg (2.84%), Iron: 0.44mg (2.45%), Magnesium: 8.87mg (2.22%), Copper: 0.04mg (1.96%), Vitamin B12: 0.11µg (1.86%), Fiber: 0.31g (1.26%), Vitamin B5: 0.11mg (1.08%)