



Chef Salad-to-Go

 Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



551 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

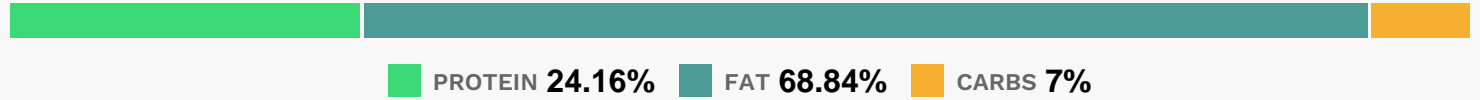
- 0.3 cup milk cheddar cheese shredded 2% kraft
- 6 cherry tomatoes cut in half
- 4 slices oscar mayer deli honey ham fresh cut into strips
- 2 Tbsp classic ranch dressing kraft
- 2 cups torn romaine lettuce

Equipment

Directions

- Spoon dressing into bottom of resealable plastic container; top with remaining ingredients. Seal container.
- Refrigerate until ready to serve.
- Shake container to evenly coat salad with dressing just before serving.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:0.19, Inflammation Score:-10, Nutrition Score:30.418260760929%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg

Nutrients (% of daily need)

Calories: 550.76kcal (27.54%), Fat: 42.13g (64.82%), Saturated Fat: 14.26g (89.13%), Carbohydrates: 9.64g (3.21%), Net Carbohydrates: 6.95g (2.53%), Sugar: 5.16g (5.73%), Cholesterol: 105.49mg (35.16%), Sodium: 1803.23mg (78.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.26g (66.52%), Vitamin A: 8980.64IU (179.61%), Vitamin K: 140.08µg (133.41%), Vitamin B1: 0.79mg (52.68%), Selenium: 35.35µg (50.51%), Phosphorus: 481.63mg (48.16%), Folate: 151.59µg (37.9%), Vitamin C: 27.02mg (32.75%), Vitamin B6: 0.6mg (30.21%), Vitamin B3: 5.86mg (29.32%), Vitamin B2: 0.48mg (28.45%), Zinc: 4.05mg (26.97%), Calcium: 258.21mg (25.82%), Potassium: 815.81mg (23.31%), Vitamin B12: 1.07µg (17.79%), Iron: 2.71mg (15.08%), Manganese: 0.28mg (14.2%), Magnesium: 52.75mg (13.19%), Vitamin E: 1.97mg (13.16%), Copper: 0.23mg (11.48%), Vitamin B5: 1.13mg (11.33%), Fiber: 2.69g (10.75%), Vitamin D: 0.98µg (6.56%)