



Chef's Salad

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



317 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 9 oz oscar mayer deli oven roasted turkey breast fresh cut into strips
- 1 bell pepper green cut into strips
- 2 hard-cooked eggs sliced
- 16 oz salad greens mixed
- 1 cup cheddar cheese shredded kraft finely
- 0.5 cup viva dressing italian kraft
- 1 tomatoes cut into wedges

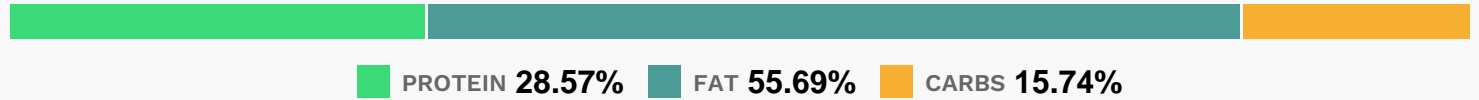
Equipment

bowl

Directions

- Toss first 4 ingredients in large bowl.
- Arrange remaining ingredients on top of salad.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:0.59, Inflammation Score:-9, Nutrition Score:19.641304264898%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 316.65kcal (15.83%), Fat: 19.83g (30.51%), Saturated Fat: 7.5g (46.9%), Carbohydrates: 12.61g (4.2%), Net Carbohydrates: 11.74g (4.27%), Sugar: 5.55g (6.16%), Cholesterol: 154.03mg (51.34%), Sodium: 1196.36mg (52.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.89g (45.78%), Vitamin C: 54.56mg (66.13%), Vitamin A: 2083.81IU (41.68%), Phosphorus: 398.28mg (39.83%), Selenium: 25.16µg (35.94%), Vitamin B3: 6.8mg (33.99%), Vitamin B6: 0.53mg (26.72%), Calcium: 243.85mg (24.39%), Vitamin B2: 0.37mg (21.71%), Vitamin K: 21.83µg (20.79%), Potassium: 627.54mg (17.93%), Folate: 70.94µg (17.74%), Manganese: 0.27mg (13.53%), Zinc: 1.97mg (13.16%), Vitamin B5: 1.28mg (12.81%), Magnesium: 47.01mg (11.75%), Vitamin B12: 0.67µg (11.1%), Vitamin E: 1.59mg (10.62%), Iron: 1.57mg (8.7%), Vitamin B1: 0.12mg (8.24%), Copper: 0.13mg (6.27%), Vitamin D: 0.78µg (5.22%), Fiber: 0.87g (3.5%)