



## Chef's Salad

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



557 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 2 large carrots sliced
- 6 ounces cheddar cheese low-fat cubed
- 1 cup cherry tomatoes quartered
- 0.3 cup apple cider vinegar
- 2 teaspoons dijon mustard
- 4 large eggs peeled quartered
- 8 ounces ham cut into strips
- 1.5 teaspoons honey

- 6 ounces swiss cheese low-fat cubed
- 0.5 cup olive oil
- 2 radishes thinly sliced
- 8 cups the of 1 cos lettuce chopped
- 4 servings salt and pepper

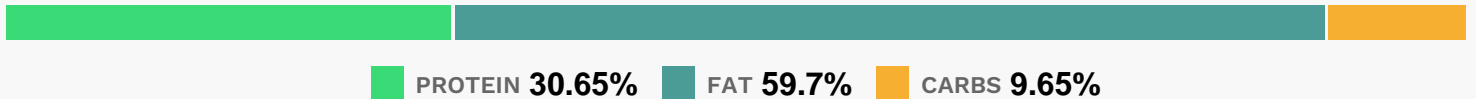
## Equipment

- bowl
- whisk

## Directions

- Divide lettuce, tomatoes, carrots, radishes, hard-boiled eggs, cheeses and ham among 4 large salad bowls.
- In a bowl, whisk vinegar, honey, Dijon, salt and pepper.
- Whisking constantly, drizzle in oil until mixture is combined.
- Serve salads, passing dressing on the side.

## Nutrition Facts



## Properties

Glycemic Index:57.53, Glycemic Load:2.63, Inflammation Score:-10, Nutrition Score:35.228260786637%

## Flavonoids

Pelargonidin: 1.26mg, Pelargonidin: 1.26mg, Pelargonidin: 1.26mg, Pelargonidin: 1.26mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg

## Nutrients (% of daily need)

Calories: 557.04kcal (27.85%), Fat: 36.79g (56.59%), Saturated Fat: 15.33g (95.81%), Carbohydrates: 13.38g (4.46%), Net Carbohydrates: 9.99g (3.63%), Sugar: 6.93g (7.7%), Cholesterol: 278.56mg (92.85%), Sodium:

1366.24mg (59.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.49g (84.98%), Vitamin A: 15146.36IU (302.93%), Vitamin K: 106.84µg (101.75%), Calcium: 791.72mg (79.17%), Phosphorus: 728mg (72.8%), Selenium: 47.15µg (67.36%), Vitamin B2: 0.79mg (46.47%), Folate: 176.93µg (44.23%), Zinc: 5.57mg (37.12%), Vitamin B12: 1.97µg (32.88%), Vitamin B1: 0.49mg (32.76%), Vitamin B6: 0.52mg (25.81%), Potassium: 760.46mg (21.73%), Vitamin C: 14.7mg (17.81%), Vitamin B3: 3.5mg (17.48%), Magnesium: 66.6mg (16.65%), Vitamin E: 2.43mg (16.22%), Iron: 2.9mg (16.12%), Manganese: 0.31mg (15.7%), Vitamin B5: 1.49mg (14.94%), Fiber: 3.39g (13.55%), Vitamin D: 1.69µg (11.3%), Copper: 0.2mg (10.15%)