



## Chef's Salad Done Right

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



134 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.3 cup planters almonds toasted sliced
- 2 cups cherry tomatoes halved
- 6 oz oscar mayer ham smoked cut into strips
- 1 cup milk mild cheddar cheese shredded 2% kraft
- 16 oz salad greens mixed
- 0.8 cup lite thousand island dressing kraft
- 6 oz oscar mayer oven roasted turkey breast cut into strips

## Equipment

## Directions

- Place greens on serving platter or six individual salad plates.
- Top with ham, turkey, cheese, tomatoes and almonds.
- Drizzle with dressing.

## Nutrition Facts

**PROTEIN 21.28%** **FAT 65.6%** **CARBS 13.12%**

## Properties

Glycemic Index:2.47, Glycemic Load:0.06, Inflammation Score:-5, Nutrition Score:6.5469565365625%

## Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

## Nutrients (% of daily need)

Calories: 134.07kcal (6.7%), Fat: 9.87g (15.18%), Saturated Fat: 2.89g (18.06%), Carbohydrates: 4.44g (1.48%), Net Carbohydrates: 4.01g (1.46%), Sugar: 2.57g (2.86%), Cholesterol: 23.6mg (7.87%), Sodium: 430.98mg (18.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.2g (14.4%), Vitamin B1: 0.28mg (18.34%), Vitamin C: 11.55mg (13.99%), Phosphorus: 116.02mg (11.6%), Vitamin A: 543.56IU (10.87%), Vitamin B3: 1.92mg (9.58%), Selenium: 6.67µg (9.53%), Vitamin K: 9.37µg (8.93%), Vitamin E: 1.14mg (7.58%), Vitamin B6: 0.14mg (7.04%), Calcium: 67.67mg (6.77%), Vitamin B2: 0.11mg (6.5%), Potassium: 198.99mg (5.69%), Manganese: 0.11mg (5.51%), Zinc: 0.77mg (5.13%), Magnesium: 17.39mg (4.35%), Folate: 17.16µg (4.29%), Iron: 0.68mg (3.81%), Copper: 0.06mg (3%), Vitamin B12: 0.17µg (2.81%), Vitamin B5: 0.26mg (2.63%), Fiber: 0.43g (1.72%)