



Chicken, Beet & Blue Cheese Salad

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



350 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 cups baby spinach leaves loosely packed
- 15 oz beets drained sliced canned
- 0.3 cup athenos cheese blue crumbled
- 2.5 cups cut-up grilled chicken breasts boneless skinless
- 0.3 cup planters pecan halves toasted
- 0.5 cup seasons dressing mix (italian with less oil) good prepared
- 0.3 cup onion red separated
- 4 cups torn romaine lettuce loosely packed

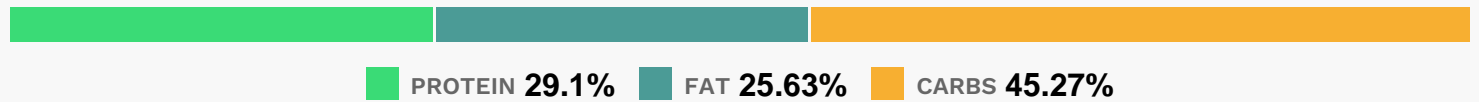
Equipment

bowl

Directions

- Toss lettuce and spinach with chicken, beets and onions in large bowl.
- Sprinkle with cheese and nuts.
- Add dressing just before serving; mix lightly.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.42, Inflammation Score:-10, Nutrition Score:27.837826135366%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 1.99mg, Kaempferol: 1.99mg, Kaempferol: 1.99mg, Kaempferol: 1.99mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg

Nutrients (% of daily need)

Calories: 349.62kcal (17.48%), Fat: 9.66g (14.86%), Saturated Fat: 2.55g (15.92%), Carbohydrates: 38.39g (12.8%), Net Carbohydrates: 35.13g (12.77%), Sugar: 13.09g (14.55%), Cholesterol: 66.33mg (22.11%), Sodium: 2610.06mg (113.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.67g (49.35%), Vitamin K: 194.04µg (184.8%), Vitamin A: 7055.06IU (141.1%), Vitamin B3: 10.58mg (52.9%), Selenium: 33.06µg (47.23%), Vitamin B6: 0.89mg (44.38%), Manganese: 0.88mg (44.1%), Folate: 160.87µg (40.22%), Phosphorus: 296.44mg (29.64%), Potassium: 814.19mg (23.26%), Magnesium: 81.03mg (20.26%), Vitamin C: 14.69mg (17.8%), Vitamin B5: 1.78mg (17.79%), Vitamin B2: 0.28mg (16.23%), Copper: 0.29mg (14.59%), Fiber: 3.26g (13.05%), Iron: 2.26mg (12.53%), Vitamin B1: 0.18mg (11.72%), Calcium: 112.77mg (11.28%), Zinc: 1.61mg (10.73%), Vitamin E: 1.02mg (6.81%), Vitamin B12: 0.29µg (4.84%)