



Chicken BLT Club Salad

 Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



84 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup honey catalina dressing sweet kraft
- 6 oz oscar mayer carving board flame grilled chicken breast strips
- 10 oz salad greens mixed
- 0.3 cup oscar mayer real bacon recipe pieces
- 2 tomatoes cut into wedges

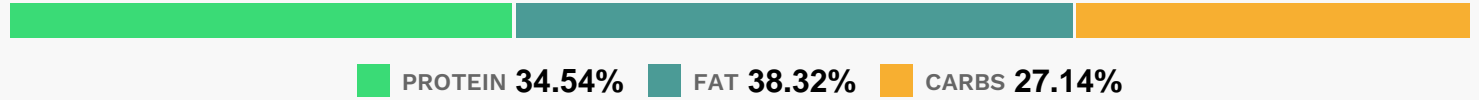
Equipment

- bowl

Directions

- Toss all ingredients except dressing in large bowl.
- Add dressing just before serving; mix lightly.

Nutrition Facts



Properties

Glycemic Index:3.8, Glycemic Load:0.25, Inflammation Score:-4, Nutrition Score:3.84608697049%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 83.87kcal (4.19%), Fat: 3.48g (5.36%), Saturated Fat: 0.95g (5.92%), Carbohydrates: 5.54g (1.85%), Net Carbohydrates: 5.25g (1.91%), Sugar: 3.96g (4.4%), Cholesterol: 18.5mg (6.17%), Sodium: 260.31mg (11.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.06g (14.12%), Vitamin B3: 2.63mg (13.17%), Vitamin C: 9.95mg (12.06%), Vitamin A: 530.54IU (10.61%), Vitamin B6: 0.14mg (7.22%), Selenium: 4.81µg (6.87%), Phosphorus: 55.74mg (5.57%), Potassium: 150.61mg (4.3%), Folate: 14.86µg (3.71%), Manganese: 0.07mg (3.63%), Magnesium: 10.76mg (2.69%), Iron: 0.42mg (2.34%), Vitamin B2: 0.04mg (2.25%), Vitamin B5: 0.22mg (2.2%), Vitamin B1: 0.03mg (1.97%), Vitamin K: 1.99µg (1.9%), Copper: 0.04mg (1.85%), Zinc: 0.27mg (1.81%), Vitamin E: 0.18mg (1.19%), Fiber: 0.3g (1.18%)