



## Chicken BLT Salad

 Gluten Free

READY IN



250 min.

SERVINGS



10

CALORIES



170 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 8 slices oscar mayer bacon fully cooked chopped
- 0.3 cup three cheese shredded with a touch of philadelphia kraft
- 1 cup cherry tomatoes halved
- 0.3 cup classic ranch dressing kraft
- 8 cups romaine lettuce loosely packed chopped
- 2 cups meat from a rotisserie chicken shredded cooked

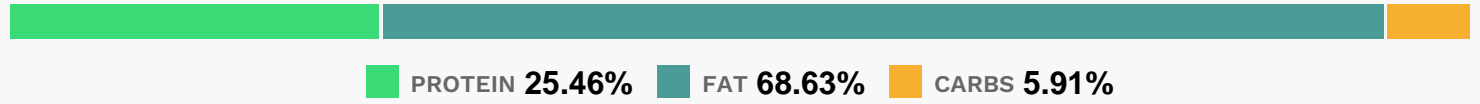
## Equipment

- bowl

## Directions

- Layer half of each ingredient in large serving bowl. Repeat layers.
- Refrigerate 4 hours.
- Toss just before serving.

## Nutrition Facts



## Properties

Glycemic Index:2.7, Glycemic Load:0.02, Inflammation Score:-9, Nutrition Score:10.844782681569%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

## Nutrients (% of daily need)

Calories: 170.39kcal (8.52%), Fat: 12.92g (19.88%), Saturated Fat: 4g (25.03%), Carbohydrates: 2.51g (0.84%), Net Carbohydrates: 1.61g (0.59%), Sugar: 1.11g (1.24%), Cholesterol: 37.94mg (12.65%), Sodium: 220.85mg (9.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.78g (21.57%), Vitamin A: 3405.83IU (68.12%), Vitamin K: 47.09µg (44.85%), Selenium: 11.93µg (17.04%), Vitamin B3: 3.12mg (15.58%), Folate: 55.5µg (13.88%), Phosphorus: 122.97mg (12.3%), Vitamin B6: 0.21mg (10.28%), Vitamin B1: 0.1mg (6.69%), Potassium: 231.06mg (6.6%), Vitamin B2: 0.11mg (6.22%), Vitamin C: 4.9mg (5.94%), Zinc: 0.89mg (5.93%), Vitamin B5: 0.51mg (5.06%), Iron: 0.9mg (5.01%), Calcium: 46.6mg (4.66%), Manganese: 0.08mg (4.18%), Magnesium: 15.91mg (3.98%), Vitamin B12: 0.22µg (3.66%), Fiber: 0.89g (3.58%), Copper: 0.05mg (2.75%), Vitamin E: 0.37mg (2.46%)