



Chicken BLT Salad

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



298 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup alouette garlic & herbs spreadable cheese
- ☐ 2 bacon crumbled cooked
- ☐ 3 cups roasted chicken cooked chopped (6 breast halves)
- ☐ 0.5 cup grape tomatoes halved
- ☐ 0.3 cup spring onion chopped
- ☐ 4 servings salt and pepper freshly ground to taste

Equipment

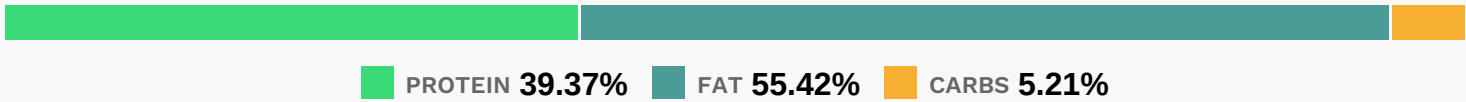
- ☐ bowl

☐ microwave

Directions

- ☐ Microwave cheese in a small bowl on HIGH 20 seconds. Stir in next 4 ingredients, tossing well.
- ☐ Add salt and pepper to taste.
- ☐ Serve on assorted greens, if desired.
- ☐ Note: For testing purposes only, we used Alouette Garlic & Herbs
- ☐ Spreadable Cheese.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:0.32, Inflammation Score:-3, Nutrition Score:10.591739021566%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 298.35kcal (14.92%), Fat: 18.24g (28.07%), Saturated Fat: 7.92g (49.48%), Carbohydrates: 3.86g (1.29%), Net Carbohydrates: 3.42g (1.24%), Sugar: 0.68g (0.76%), Cholesterol: 113.42mg (37.81%), Sodium: 495.54mg (21.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.16g (58.32%), Vitamin B3: 8.85mg (44.25%), Selenium: 27.91µg (39.87%), Vitamin B6: 0.47mg (23.59%), Phosphorus: 224.67mg (22.47%), Vitamin K: 18.72µg (17.83%), Zinc: 1.78mg (11.89%), Vitamin B5: 1.09mg (10.88%), Vitamin B2: 0.17mg (10.23%), Potassium: 327.59mg (9.36%), Iron: 1.48mg (8.24%), Magnesium: 27.01mg (6.75%), Vitamin B1: 0.1mg (6.6%), Vitamin B12: 0.35µg (5.8%), Vitamin A: 282.76IU (5.66%), Vitamin C: 4.12mg (4.99%), Copper: 0.08mg (4.11%), Folate: 13.38µg (3.34%), Manganese: 0.05mg (2.69%), Calcium: 21.02mg (2.1%), Fiber: 0.44g (1.76%), Vitamin E: 0.16mg (1.09%)