



WHATSheATE



Chicken BLT Salad with Creamy Avocado-Horned Melon Dressing



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



212 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 cup creamy avocado-horned melon dressing
- ☐ 1 pound chicken breast cooked sliced
- ☐ 10 ounce romaine salad
- ☐ 3 center-cut bacon crumbled cooked
- ☐ 1 tomatoes cut into wedges

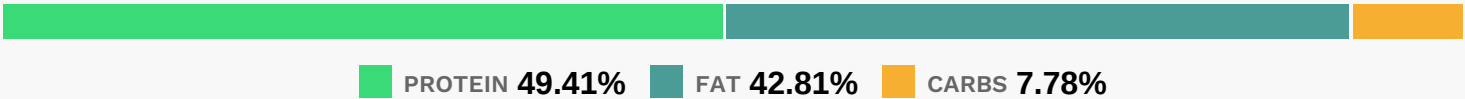
Equipment

- ☐ bowl

Directions

- ☐ Combine first 3 ingredients in a large bowl; toss well.
- ☐ Drizzle Creamy Avocado
- ☐ Horned Melon Dressing over salad; top with bacon.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:0.35, Inflammation Score:-10, Nutrition Score:18.003478260144%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 212.33kcal (10.62%), Fat: 10g (15.39%), Saturated Fat: 2.65g (16.56%), Carbohydrates: 4.09g (1.36%), Net Carbohydrates: 1.6g (0.58%), Sugar: 1.23g (1.36%), Cholesterol: 71.52mg (23.84%), Sodium: 134.88mg (5.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.98g (51.95%), Vitamin A: 4333.49IU (86.67%), Vitamin B3: 11.4mg (57.02%), Vitamin K: 54.21µg (51.63%), Selenium: 23.34µg (33.34%), Vitamin B6: 0.58mg (29.12%), Phosphorus: 217.05mg (21.7%), Folate: 85.55µg (21.39%), Potassium: 471.54mg (13.47%), Vitamin B5: 1.14mg (11.36%), Fiber: 2.49g (9.98%), Magnesium: 37.55mg (9.39%), Vitamin B1: 0.14mg (9.16%), Vitamin B2: 0.16mg (9.12%), Iron: 1.45mg (8.05%), Vitamin C: 6.57mg (7.97%), Zinc: 1.15mg (7.66%), Manganese: 0.14mg (6.86%), Copper: 0.11mg (5.6%), Vitamin E: 0.81mg (5.41%), Vitamin B12: 0.31µg (5.2%), Calcium: 31.78mg (3.18%)