



Chicken MacRanch Salad

READY IN



30 min.

SERVINGS



8

CALORIES



262 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup chicken breast cooked chopped
- ☐ 1 pound macaroni cooked
- ☐ 4 cups vegetables mixed frozen thawed
- ☐ 1 cup salad dressing ranch-style
- ☐ 0.3 cup cheddar cheese shredded

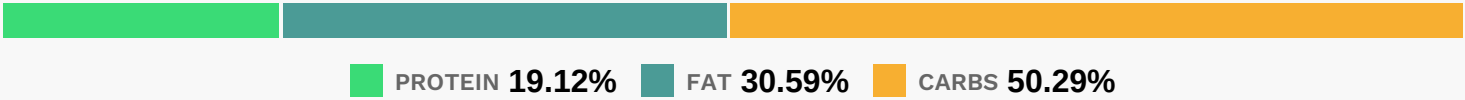
Equipment

- ☐ bowl

Directions

☐ In a large bowl toss together the macaroni, chicken, vegetables, cheese and dressing. Chill for 20 minutes and serve.

Nutrition Facts



Properties

Glycemic Index:15.21, Glycemic Load:12.08, Inflammation Score:-10, Nutrition Score:13.878695824872%

Nutrients (% of daily need)

Calories: 261.61kcal (13.08%), Fat: 9.02g (13.88%), Saturated Fat: 1.91g (11.94%), Carbohydrates: 33.39g (11.13%), Net Carbohydrates: 28.73g (10.45%), Sugar: 3.5g (3.89%), Cholesterol: 18.41mg (6.14%), Sodium: 371.08mg (16.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.69g (25.38%), Vitamin A: 4670.61IU (93.41%), Selenium: 21.75µg (31.07%), Manganese: 0.42mg (20.85%), Vitamin B3: 3.81mg (19.03%), Fiber: 4.66g (18.64%), Vitamin K: 16.59µg (15.8%), Phosphorus: 147.05mg (14.71%), Vitamin B6: 0.24mg (12.07%), Vitamin C: 9.58mg (11.61%), Magnesium: 39.54mg (9.89%), Vitamin B1: 0.14mg (9.43%), Potassium: 290.06mg (8.29%), Folate: 31.8µg (7.95%), Iron: 1.41mg (7.84%), Copper: 0.16mg (7.83%), Vitamin B2: 0.12mg (7.31%), Zinc: 1.02mg (6.83%), Calcium: 58.13mg (5.81%), Vitamin E: 0.75mg (5.01%), Vitamin B5: 0.4mg (3.95%), Vitamin B12: 0.1µg (1.62%)