



Chicken Salad with Bacon, Lettuce and Tomato

 Gluten Free  Dairy Free  Popular

READY IN



30 min.

SERVINGS



6

CALORIES



453 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 avocado peeled seeded sliced
- 5 slices bacon
- 2 stalks celery chopped
- 3 cups chicken breast cooked chopped
- 1 tablespoon parsley fresh chopped
- 2 tablespoons green onion chopped
- 1 teaspoon juice of lemon

- 0.8 cup mayonnaise
- 12 leaves romaine lettuce
- 6 servings salt and pepper to taste
- 1 cup tomatoes fresh chopped
- 1 dash worcestershire sauce

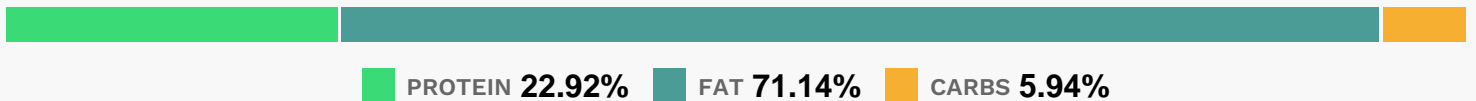
Equipment

- bowl
- frying pan

Directions

- Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
- Drain, crumble and set aside to cool.
- Prepare the dressing by mixing together the mayonnaise, parsley, green onions, lemon juice, Worcestershire sauce, salt and pepper.
- In a medium bowl, stir together the chicken breast, tomatoes and bacon.
- Pour dressing over chicken mixture and toss well to coat. Refrigerate until chilled; serve over lettuce leaves and garnish with avocado slices.

Nutrition Facts



Properties

Glycemic Index:37.33, Glycemic Load:0.67, Inflammation Score:-10, Nutrition Score:23.274347890978%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 1.82mg, Apigenin: 1.82mg, Apigenin: 1.82mg, Apigenin: 1.82mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg

Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 453kcal (22.65%), Fat: 35.9g (55.22%), Saturated Fat: 7.17g (44.81%), Carbohydrates: 6.73g (2.24%), Net Carbohydrates: 2.73g (0.99%), Sugar: 1.97g (2.19%), Cholesterol: 83.36mg (27.79%), Sodium: 566.36mg (24.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.03g (52.05%), Vitamin K: 131.23µg (124.98%), Vitamin A: 5309.2IU (106.18%), Vitamin B3: 11.31mg (56.53%), Selenium: 24.08µg (34.39%), Vitamin B6: 0.63mg (31.52%), Folate: 118.49µg (29.62%), Phosphorus: 236.55mg (23.66%), Potassium: 626.86mg (17.91%), Fiber: 4.01g (16.03%), Vitamin B5: 1.43mg (14.3%), Vitamin E: 2.14mg (14.27%), Vitamin C: 11.01mg (13.35%), Vitamin B1: 0.18mg (11.94%), Vitamin B2: 0.2mg (11.53%), Magnesium: 45.34mg (11.34%), Manganese: 0.2mg (9.86%), Iron: 1.77mg (9.81%), Zinc: 1.38mg (9.18%), Copper: 0.16mg (8.02%), Vitamin B12: 0.36µg (6.05%), Calcium: 46.68mg (4.67%), Vitamin D: 0.2µg (1.33%)