



Chicken-Spinach Salad with Warm Bacon Dressing

 **Gluten Free**  **Dairy Free**

READY IN



15 min.

SERVINGS



15

CALORIES



35 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 slices oscar mayer bacon fully cooked cut into bite-size pieces
- 2 Tbsp classic catalina dressing kraft
- 3 oz oscar mayer carving board flame grilled chicken breast strips
- 2 mushrooms fresh sliced
- 1 green onion thinly sliced
- 1 cup torn spinach fresh loosely packed
- 1 Tbsp water

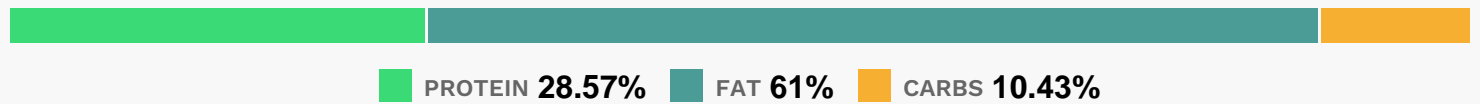
Equipment

- bowl
- microwave

Directions

- Combine bacon, dressing and water in small microwaveable bowl. Microwave on HIGH 30 sec. or until heated through.
- Toss spinach with chicken, onions and mushrooms in medium bowl.
- Add dressing mixture; mix lightly.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:6.4, Glycemic Load:0.04, Inflammation Score:-2, Nutrition Score:1.8856521767119%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 35.28kcal (1.76%), Fat: 2.34g (3.6%), Saturated Fat: 0.71g (4.42%), Carbohydrates: 0.9g (0.3%), Net Carbohydrates: 0.81g (0.29%), Sugar: 0.65g (0.72%), Cholesterol: 7.72mg (2.57%), Sodium: 61.56mg (2.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.94%), Vitamin K: 11.33µg (10.79%), Vitamin B3: 1.07mg (5.35%), Vitamin A: 198.33IU (3.97%), Selenium: 2.72µg (3.89%), Vitamin B6: 0.05mg (2.64%), Phosphorus: 22.83mg (2.28%), Vitamin B2: 0.03mg (1.48%), Vitamin B1: 0.02mg (1.35%), Potassium: 45.08mg (1.29%), Folate: 5.07µg (1.27%), Vitamin B5: 0.12mg (1.21%), Manganese: 0.02mg (1.1%), Magnesium: 4.16mg (1.04%)