



Chopped Salad to Go

 Gluten Free

READY IN



10 min.

SERVINGS



1

CALORIES



227 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

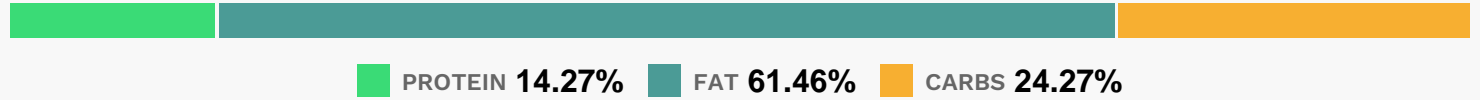
- 1 slice oscar mayer bacon cooked chopped
- 3 slices oscar mayer deli turkey breast smoked fresh chopped
- 2 cups lettuce chopped
- 2 Tbsp lite house dressing italian kraft
- 1 Tbsp miracle whip dressing light
- 1 Tbsp onions red chopped
- 0.3 cup tomatoes chopped

Equipment

Directions

- Mix dressings in 3-cup resealable container; top with layers of remaining ingredients. Seal container.
- Refrigerate until ready to serve.
- Shake container to evenly coat salad with dressing.

Nutrition Facts



Properties

Glycemic Index:97, Glycemic Load:1.4, Inflammation Score:-7, Nutrition Score:9.7691304346789%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg

Nutrients (% of daily need)

Calories: 226.76kcal (11.34%), Fat: 15.82g (24.34%), Saturated Fat: 3.98g (24.86%), Carbohydrates: 14.06g (4.69%), Net Carbohydrates: 11.41g (4.15%), Sugar: 9.47g (10.52%), Cholesterol: 23.64mg (7.88%), Sodium: 866.4mg (37.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.26g (16.53%), Vitamin K: 54.15µg (51.57%), Vitamin A: 1063.14IU (21.26%), Phosphorus: 133.21mg (13.32%), Manganese: 0.25mg (12.34%), Potassium: 431.22mg (12.32%), Folate: 49.25µg (12.31%), Vitamin C: 9.99mg (12.11%), Fiber: 2.65g (10.6%), Vitamin B1: 0.14mg (9.6%), Vitamin B6: 0.18mg (8.98%), Vitamin E: 1.2mg (8.01%), Selenium: 5.2µg (7.43%), Copper: 0.14mg (6.84%), Vitamin B3: 1.33mg (6.67%), Iron: 1.16mg (6.47%), Magnesium: 25.77mg (6.44%), Zinc: 0.78mg (5.22%), Calcium: 40.47mg (4.05%), Vitamin B2: 0.06mg (3.74%), Vitamin B5: 0.3mg (2.99%), Vitamin B12: 0.11µg (1.83%)