



Classic Italian Chicken Salad

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 oz oscar mayer carving board flame grilled chicken breast strips
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 0.3 cup parmesan cheese grated kraft
- 0.5 cup onion red thin
- 10 oz torn salad greens mixed
- 2 tomatoes chopped

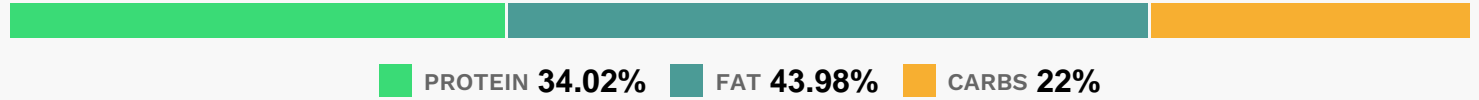
Equipment

- bowl

Directions

- Toss salad greens with chicken breast strips, tomatoes and onions in large salad bowl.
- Add dressing; mix lightly. Top with cheese.

Nutrition Facts



Properties

Glycemic Index:4.33, Glycemic Load:0.28, Inflammation Score:-3, Nutrition Score:3.2369565082633%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 52.64kcal (2.63%), Fat: 2.58g (3.96%), Saturated Fat: 0.61g (3.83%), Carbohydrates: 2.9g (0.97%), Net Carbohydrates: 2.61g (0.95%), Sugar: 1.5g (1.67%), Cholesterol: 11.09mg (3.7%), Sodium: 121.29mg (5.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.48g (8.96%), Vitamin B3: 1.77mg (8.87%), Vitamin C: 7.06mg (8.55%), Vitamin A: 371.04IU (7.42%), Selenium: 3.97µg (5.67%), Vitamin K: 5.77µg (5.49%), Vitamin B6: 0.11mg (5.45%), Phosphorus: 50.45mg (5.04%), Potassium: 117.84mg (3.37%), Manganese: 0.06mg (2.96%), Folate: 11.02µg (2.75%), Calcium: 22.78mg (2.28%), Magnesium: 8.68mg (2.17%), Vitamin E: 0.3mg (2%), Vitamin B2: 0.03mg (1.92%), Zinc: 0.27mg (1.78%), Iron: 0.32mg (1.78%), Vitamin B1: 0.02mg (1.61%), Vitamin B5: 0.16mg (1.59%), Copper: 0.03mg (1.45%), Fiber: 0.29g (1.15%), Vitamin B12: 0.06µg (1.02%)