



Classic Salad with Chicken

READY IN



29 min.

SERVINGS



4

CALORIES



333 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 ounces canadian bacon diced finely
- 12 ounces grilled chicken breast sliced
- 0.5 cucumber english sliced
- 1 pound green-leaf lettuce shredded
- 2 tablespoons catsup
- 2 tablespoons mayonnaise
- 2 teaspoons olive oil
- 0.3 teaspoon pepper
- 0.5 ounce gherkin pickles sweet chopped

- 0.3 cup nonfat yogurt plain
- 0.5 small onion red thinly sliced
- 0.3 teaspoon salt
- 4 servings salt
- 2 ounces roll preferably day old whole-wheat cut into 1/2-inch chunks
- 2 medium tomatoes diced seeded
- 2 teaspoons vinegar white

Equipment

- bowl
- frying pan
- baking sheet
- oven

Directions

- Watch how to make this recipe.
- Preheat oven to 350 degrees F. Toss bread cubes with olive oil, salt and pepper and place on a baking sheet.
- Bake until croutons are golden and crisp, about 8 minutes.
- Remove from oven, and allow to cool completely.
- Spray a nonstick pan with cooking spray and heat over medium-high heat.
- Add bacon and cook until crisp, stirring frequently, about 4 to 5 minutes. Allow to cool.
- Combine the yogurt, mayonnaise, ketchup, vinegar and pickles in a bowl and stir to incorporate. Season with salt, to taste.
- Toss the lettuce, tomato, onion, and cucumber in a large salad bowl with the dressing. Top with croutons, bacon bits, sliced chicken and serve.
- Excellent source of: Protein, Vitamin A, Niacin, Vitamin B6, Vitamin C, Phosphorus, Selenium
- Good source of: Fiber, Thiamin, Calcium, Iron, Manganese, Potassium

Nutrition Facts



■ PROTEIN **42.98%** ■ FAT **34.18%** ■ CARBS **22.84%**

Properties

Glycemic Index:67.5, Glycemic Load:5.53, Inflammation Score:-10, Nutrition Score:27.808260710343%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 7.94mg, Quercetin: 7.94mg, Quercetin: 7.94mg, Quercetin: 7.94mg

Nutrients (% of daily need)

Calories: 332.98kcal (16.65%), Fat: 12.61g (19.39%), Saturated Fat: 2.51g (15.72%), Carbohydrates: 18.96g (6.32%), Net Carbohydrates: 16.02g (5.83%), Sugar: 7.83g (8.7%), Cholesterol: 86.27mg (28.76%), Sodium: 845.75mg (36.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.67g (71.34%), Vitamin A: 9018.56IU (180.37%), Vitamin K: 167.88µg (159.89%), Vitamin B3: 13.97mg (69.84%), Selenium: 30.62µg (43.74%), Vitamin B6: 0.8mg (40.04%), Phosphorus: 342.55mg (34.25%), Vitamin C: 21.49mg (26.05%), Iron: 4.52mg (25.14%), Vitamin B1: 0.35mg (23.39%), Potassium: 812.12mg (23.2%), Manganese: 0.45mg (22.46%), Vitamin B2: 0.32mg (18.58%), Folate: 65.59µg (16.4%), Magnesium: 61.46mg (15.36%), Vitamin B5: 1.4mg (14.02%), Zinc: 1.78mg (11.87%), Fiber: 2.94g (11.74%), Calcium: 117.03mg (11.7%), Vitamin E: 1.5mg (10.02%), Vitamin B12: 0.56µg (9.41%), Copper: 0.15mg (7.75%), Vitamin D: 0.69µg (4.63%)