



Colby Jack, Chicken & Spinach Salad

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



140 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 oz baby spinach leaves
- 2 cups cherry tomatoes halved
- 1 cup natural milk colby & monterey jack cheese crumbles 2% kraft
- 2 cups meat from a rotisserie chicken cooked chopped
- 1 cucumber sliced
- 0.5 cup 1/2 cup kraft lite zesty italian dressing italian kraft

Equipment

- bowl

Directions

- Toss spinach with chicken, tomatoes and cucumber in large bowl.
- Add dressing; mix lightly.
- Sprinkle with cheese.

Nutrition Facts

PROTEIN 31.84% **FAT 56.09%** **CARBS 12.07%**

Properties

Glycemic Index:4.7, Glycemic Load:0.14, Inflammation Score:-8, Nutrition Score:12.486086845398%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 139.84kcal (6.99%), Fat: 8.72g (13.42%), Saturated Fat: 3.54g (22.12%), Carbohydrates: 4.22g (1.41%), Net Carbohydrates: 3.43g (1.25%), Sugar: 2.57g (2.85%), Cholesterol: 33.54mg (11.18%), Sodium: 234.72mg (10.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.14g (22.28%), Vitamin K: 92.09µg (87.7%), Vitamin A: 1909.24IU (38.18%), Vitamin C: 12.58mg (15.25%), Phosphorus: 138.83mg (13.88%), Selenium: 9.39µg (13.41%), Vitamin B3: 2.53mg (12.64%), Calcium: 119.63mg (11.96%), Folate: 44.85µg (11.21%), Manganese: 0.22mg (10.79%), Vitamin B6: 0.2mg (10.24%), Potassium: 291.43mg (8.33%), Vitamin B2: 0.14mg (8.05%), Magnesium: 29.62mg (7.4%), Zinc: 1.02mg (6.81%), Iron: 1.2mg (6.66%), Vitamin E: 0.82mg (5.44%), Copper: 0.09mg (4.47%), Vitamin B5: 0.42mg (4.21%), Vitamin B1: 0.05mg (3.67%), Vitamin B12: 0.19µg (3.18%), Fiber: 0.79g (3.17%)