



Cranberry, Feta & Toasted Walnut Salad

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



469 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup tangy tomato bacon dressing kraft
- 6 oz oscar mayer carving board flame grilled chicken breast strips
- 1 cup cranberries dried
- 4 oz athenos feta cheese crumbled traditional
- 10 oz salad greens mixed
- 0.5 cup planters walnut pieces toasted

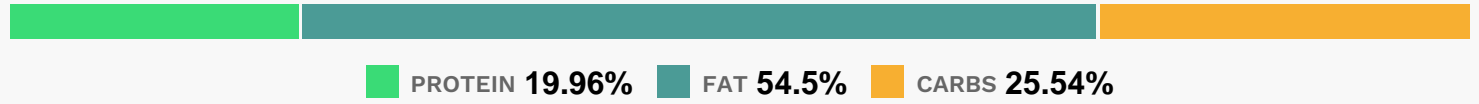
Equipment

- bowl

Directions

- Toss greens with cranberries, chicken, cheese and walnuts in large salad bowl.
- Add dressing; mix lightly.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.5, Inflammation Score:-7, Nutrition Score:16.87130429952%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 468.93kcal (23.45%), Fat: 29.27g (45.03%), Saturated Fat: 9.06g (56.64%), Carbohydrates: 30.86g (10.29%), Net Carbohydrates: 28.27g (10.28%), Sugar: 22.38g (24.87%), Cholesterol: 80.9mg (26.97%), Sodium: 570.66mg (24.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.11g (48.22%), Vitamin B3: 8.02mg (40.1%), Manganese: 0.7mg (35.11%), Selenium: 23.12µg (33.02%), Phosphorus: 315.75mg (31.57%), Vitamin B6: 0.6mg (30.04%), Vitamin B2: 0.38mg (22.21%), Vitamin C: 16.69mg (20.23%), Vitamin A: 947.56IU (18.95%), Calcium: 173.89mg (17.39%), Copper: 0.33mg (16.47%), Vitamin B1: 0.23mg (15.34%), Zinc: 2.22mg (14.81%), Magnesium: 53.38mg (13.35%), Vitamin B12: 0.77µg (12.86%), Folate: 51.33µg (12.83%), Potassium: 386.24mg (11.04%), Vitamin B5: 1.08mg (10.83%), Fiber: 2.59g (10.34%), Iron: 1.74mg (9.66%), Vitamin E: 1.03mg (6.88%), Vitamin K: 3.34µg (3.18%), Vitamin D: 0.27µg (1.83%)