



Creamy Chicken Salad

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



67 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 cups tightly baby spinach leaves packed
- 0.3 cup classic balsamic vinaigrette dressing made with extra virgin olive oil kraft
- 2.5 cups chicken breasts cooked chopped
- 4 green onions chopped
- 0.3 cup miracle whip dressing with olive oil
- 1 bell pepper red chopped
- 0.3 cup athenos reduced fat feta cheese crumbled

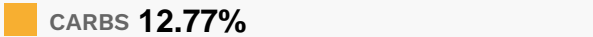
Equipment

bowl

Directions

- Mix miracle whip and dressing until blended.
- Combine chicken, peppers and onions in large bowl.
- Add dressing mixture; mix lightly.
- Spoon onto spinach-covered plate; top with cheese.

Nutrition Facts

 **PROTEIN 49.47%**  **FAT 37.76%**  **CARBS 12.77%**

Properties

Glycemic Index:6.4, Glycemic Load:0.18, Inflammation Score:-6, Nutrition Score:6.9595652106016%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 66.78kcal (3.34%), Fat: 2.76g (4.25%), Saturated Fat: 0.58g (3.63%), Carbohydrates: 2.1g (0.7%), Net Carbohydrates: 1.6g (0.58%), Sugar: 1.1g (1.22%), Cholesterol: 21.56mg (7.19%), Sodium: 115.63mg (5.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.15g (16.3%), Vitamin K: 45.72µg (43.55%), Vitamin A: 1038.29IU (20.77%), Vitamin B3: 3.35mg (16.76%), Vitamin C: 13mg (15.76%), Selenium: 6.55µg (9.35%), Vitamin B6: 0.18mg (9.03%), Phosphorus: 60.58mg (6.06%), Folate: 22.15µg (5.54%), Manganese: 0.09mg (4.49%), Potassium: 132.03mg (3.77%), Magnesium: 14.68mg (3.67%), Iron: 0.55mg (3.03%), Vitamin B2: 0.05mg (3%), Vitamin B5: 0.26mg (2.58%), Vitamin E: 0.37mg (2.46%), Zinc: 0.31mg (2.05%), Fiber: 0.51g (2.03%), Vitamin B1: 0.03mg (1.91%), Calcium: 14.93mg (1.49%), Vitamin B12: 0.08µg (1.32%), Copper: 0.03mg (1.29%)