



Crispy Bacon-Ranch Chicken Salad

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



364 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup baby carrots thinly sliced
- 0.5 cup cucumbers chopped
- 0.5 cup grape tomatoes halved
- 6 oz take cheddar jack & bacon recipe cheese breadcrumb mix mixed fresh
- 6 cups torn lettuce leaves loosely packed
- 0.5 cup classic ranch dressing kraft
- 1.5 lb chicken breasts boneless skinless

Equipment

bowl

oven

Directions

Heat oven to 375F.

Coat chicken with cheese mixture and bake as directed on package; cut into 1/2-inch pieces.

Toss lettuce with remaining ingredients in large bowl.

Top with chicken.

Nutrition Facts



PROTEIN 37.64% **FAT 51.18%** **CARBS 11.18%**

Properties

Glycemic Index:13.33, Glycemic Load:0.2, Inflammation Score:-10, Nutrition Score:30.183912992477%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 363.8kcal (18.19%), Fat: 20.48g (31.51%), Saturated Fat: 7.46g (46.61%), Carbohydrates: 10.07g (3.36%), Net Carbohydrates: 7.17g (2.61%), Sugar: 4.43g (4.93%), Cholesterol: 103.01mg (34.34%), Sodium: 557.25mg (24.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.89g (67.79%), Vitamin A: 19358.95IU (387.18%), Vitamin B3: 12.95mg (64.74%), Selenium: 42.62µg (60.89%), Vitamin B6: 1.14mg (57.06%), Vitamin C: 46.28mg (56.1%), Phosphorus: 478.11mg (47.81%), Manganese: 0.78mg (38.83%), Calcium: 314.14mg (31.41%), Vitamin K: 30.52µg (29.06%), Vitamin B2: 0.49mg (28.64%), Potassium: 984.1mg (28.12%), Folate: 106.64µg (26.66%), Vitamin B1: 0.33mg (21.84%), Vitamin B5: 1.92mg (19.15%), Magnesium: 72.66mg (18.16%), Iron: 2.97mg (16.48%), Zinc: 2.07mg (13.82%), Fiber: 2.9g (11.61%), Vitamin E: 1.51mg (10.09%), Vitamin B12: 0.5µg (8.27%), Copper: 0.07mg (3.47%), Vitamin D: 0.3µg (2.02%)